

**THE COVER SHEET  
OF THE NEWSPAPER  
IS MISSING ON  
ORIGINAL FILM**



KENOSHA, WIS.

# Murder charged in county woman's slaying

By EMILY PREVITI

epreviti@nwnewsgr.com

KENOSHA, Wis. — Cobwebs, dust and grating obscure the basement windows of a red house at 4611 8th Ave.

Also unclear are the motives of Anthony Philip Heard Jr., who surrendered in the murder of Carmen Barranco.

Police found Barranco's body on the basement floor of the dwelling on Sept. 24.

Barranco's stepfather, mother, sister and two brothers sat beside Kenosha Police Lt. Ron Bartholomew as he addressed residents and news media at the Kenosha Public Museum on Oct. 2. Her brother, Curtis, never removed his sunglasses; her sister, Delia, slid hers over her eyes as the press conference wore on. Barranco's mother, Carmen Dax, held an envelope that contained large, glossy photographs of her daughter.

Kenosha police have charged Heard, of Kenosha, with first-degree intentional homi-



Sandy Bressner — sbressner@nwnewsgr.com

Carmen Dax holds a photograph of her daughter, Carmen Barranco, during a press conference at the Kenosha Public Museum to announce that a suspect in Barranco's murder case was in custody.

cide, first-degree sexual assault, attempted armed robbery and burglary.

Bartholomew, public information officer for Kenosha police, said the Wisconsin State Crime Laboratory had identi-

fied Heard as a suspect Sept. 28, the day before he turned himself in, through a fingerprint found on a dryer in the basement.

Bartholomew said Barranco, 38, sought to buy crack cocaine from Heard, 18, on Sept. 23.

She drove herself and Heard to 4611 8th Ave. in Kenosha at about 2 p.m., Bartholomew said. Heard's former girlfriend had lived in the bottom portion of the unit until they were evicted the week before.

But "there were no drugs," Bartholomew said.

"It was a crime of opportunity," he said. "She showed up looking for drugs, and he took advantage of that."

The basement entrance was unlocked, Bartholomew said.

Heard sexually assaulted Barranco, attempted to rob her and then bludgeoned her to death before he fled, Bartholomew said.

Bartholomew confirmed recovery of the weapons.

The tenant of the unit on the top floor discovered Barranco's body after going to the basement to do laundry. She called police at 3:19 p.m. Sept. 24.

A few hours before, police had towed Barranco's black Audi after a neighbor complained that the car had blocked

a driveway.

Sgt. Eric Larsen said Kenosha police have responded to 16 calls at the address since January, but did not consider the tally remarkable.

Kenosha police's Neighborhood Watch program had been working to address problems in the area, Bartholomew said.

Sonja McClure said she has lived and worked in the neighborhood for more than 25 years.

"After they moved out ... it was fine," she said. "But now everyone's scared again."

But Richard Nyman, who described himself as a "life-long" resident of Kenosha, disputed the characterization of the neighborhood as rough.

Though Bartholomew expressed Barranco's family's desire to refrain from comment Oct. 2, Gurnee accountant Steven Dax spoke briefly about his stepdaughter.

Barranco was born in Panama, grew up in Lake County and most recently lived in Antioch.

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WEEKLY JOURNALS  
Friday, October 6, 2006

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**WEEKLY JOURNALS**

Larry Lough -  
General Manager and Editor

## Factual accuracy Did we get it right?

Accuracy is important to us at the Antioch Journal and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention.

Call Larry Lough at 847-223-8161 or e-mail him at llough@nwnewsgroup.com

## Editor's Choice by Larry Lough

# Customer service is key to success

No business is successful unless its customers are satisfied.

The newspaper business, however, has two very different customers looking for different things: our readers, who want the information we provide, and our advertisers, who want access to our readers.

Research tells us that when readers look for information in a newspaper, advertising is important, not just an incidental benefit.

And the more readers we attract by delivering information they want, the more

people our advertisers can reach through the newspaper.

Reporters and editors walk a fine line in serving customers. We're supposed to be the snarling, snapping watchdog of the public interest when it comes to reporting on government. But we're also supposed to cater to our readers' wants and needs.

Here are five promises that guide our journalistic approach to customer service. We will:

- Be accurate: We serve customers best by giving them timely information they can trust.

- Be accessible: Make it easy for customers to make requests, ask questions, and offer comments.

- Be transparent: Honestly and openly explain our role and performance.

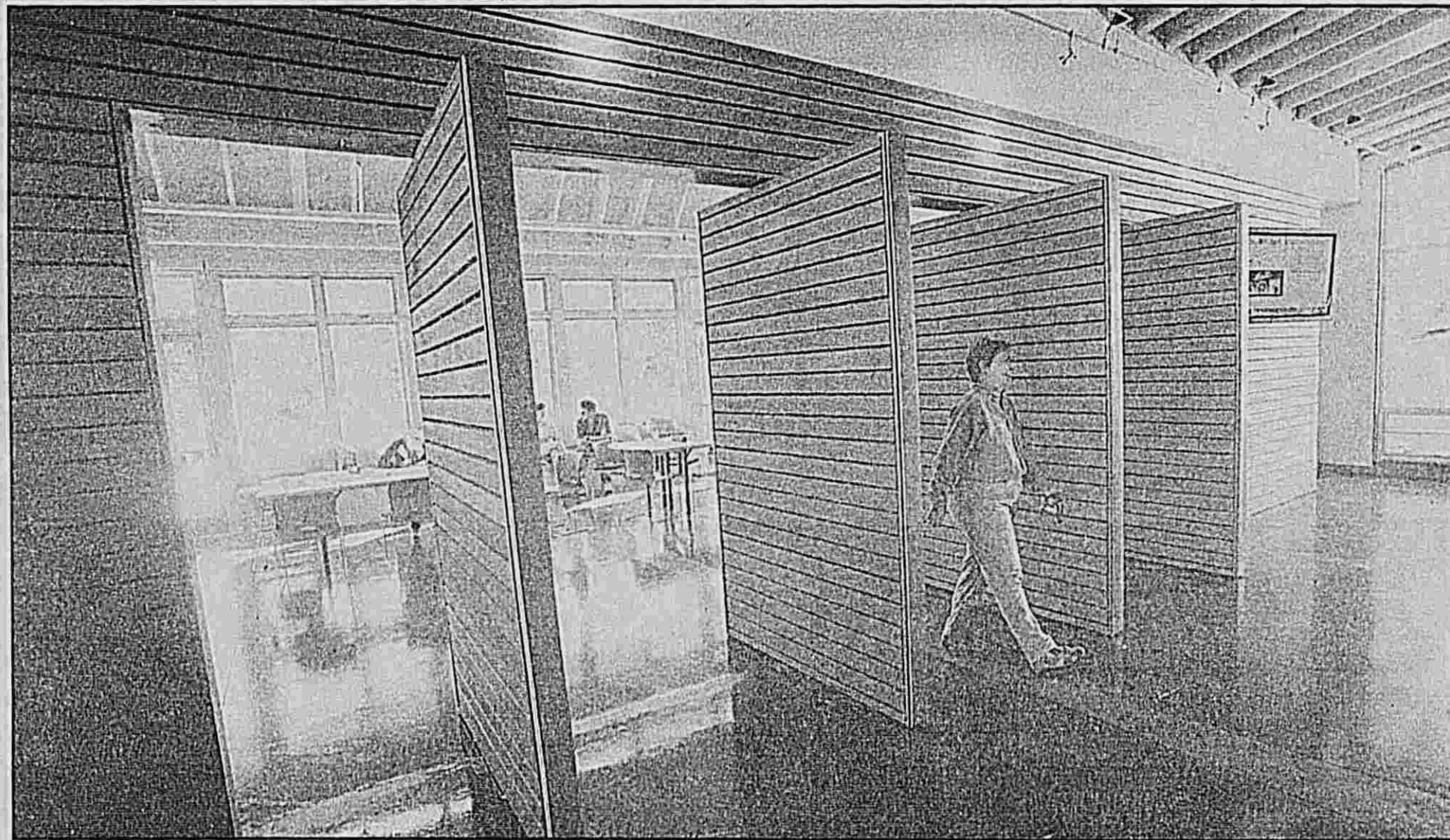
- Be understanding: Respect and reflect our customers' diverse interests and divergent opinions.

- Say yes: Find some way to accommodate every customer's reasonable request.

Let us know how we can improve your newspaper by writing to llough@nwnewsgroup.com.

Thanks for reading the Journal.

## This Week's Highlights



Chris Padgett - cpadgett@nwnewsgroup.com

Building a greener future  
**PAGE A15**

Creating a  
new world  
**PAGE C2**



Plus  
*Breast Cancer Awareness*  
PULLOUT INSIDE LAKELIFE



"Serving our communities to make them better places to live"



"Now that he's home the sleepless nights will stop."  
—John Weibel, on his son's return from Iraq (see story below)

## Bringing home more than smiles

### Local families hope to start up military family support group

By TARA CLIFTON  
tclifton@nwnewsgroup.com

ANTIOCH — John and Linda Weibel have been able to breathe more easily during the past week.

Their son Tom, 20, came home from Iraq on Oct. 1 after a year in the Army in southwest Baghdad.

"Now that he's home the sleepless nights will stop," John said.

Tom walked into the Antioch VFW Post with his parents on Tuesday, Oct. 3, wearing his fatigues. As he stood tall and straight, he smiled kindly as VFW members gathered around him to shake his hand.

He and his parents won't be strange faces to those at Post 4551.

Linda and Jeanne Oravetz, also a military mom, hope to start a support group that would take place at the VFW, for families with children in the service.

"We want to reach out and get other people in our positions," Linda said. "There's other people out there and you don't want to forget about them."

The support group would offer advice on such things as how to send care packages and

### This group wants you

The Antioch VFW Post is looking to create a support group for military families. If interested, contact the following:

Linda Weibel: TCBTLC75@aol.com  
Jeanne Oravetz: shaunkelly@sbc-global.net  
Antioch VFW: (847) 395-5393

letters and keeping in touch with a soldier in the field. Also, the group will always offer shoulders to cry on.

Oravetz is tracking closely the days left until her son comes home.

Anthony Pignato, 23, also of the Army, has spent nearly a year in Iraq, and is due home soon.

Pignato joined the armed forces right after high school. When he gets home, his six years of required service will be done.

Oravetz said she understands how difficult it can be for parents whose kids are overseas in war-torn areas.

"When he first went in, we didn't know about any of this," she said. "We found out the hard way, by trial and error."

Barb Gray, president of the VFW Auxiliary, said she wants the post to become a safe haven for those worried about their



Chris Padgett - cpadgett@nwnewsgroup.com

Tom Weibel, a soldier for the U.S. Army, is greeted by Jeanne Oravetz during a small welcome-home party on Oct. 3 at the VFW Post in Antioch. Oravetz as well as Tom's mother, Linda, are some of the founding members of a support group for military families in the area.

loved ones in the military.

Gray said she also wants to help soldiers, who have just arrived on U.S. soil, adjust to life back home. She said she does not want a situation similar to what happened to

Vietnam veterans who became lost and dejected.

"Unless there's someone here to support them, they're lost," Gray said. "We're trying to give them somewhere to come."

## Antioch joins emergency service network

By TARA CLIFTON  
tclifton@nwnewsgroup.com

ANTIOCH — The village of Antioch has formally joined with other municipalities to work to solve some of the emergency service problems that many towns face.

Antioch is now a member of Partners for Transit and the Lake and McHenry Counties' Fire Departments Specialized Response Teams.

Through the Specialized Response Teams, villages will team up to help each other provide emergency services.

McHenry and Lake county rescue and

fire departments will come to aid other municipalities during emergencies when extra help is needed.

Mike Haley, village administrator, said each town pays \$10,000 to be a part of the network. The money covers group fees and contributes to the group's budget.

The Antioch Fire Department and rescue squad already belong to the Mutual Aid Box Alarm System, which offers similar services, but to a network that spans northwestern Illinois.

Wayne Sobczak, Antioch's rescue squad chief, said he was unaware of the village's involvement in the organization. Because the rescue squad is a separate

entity from the village government, Sobczak said he is not sure yet how fire and rescue personnel will be affected.

Fire Chief Dennis Volling could not be reached for comment.

Partners for Transit is a group of municipalities in Lake County that have agreed to work with the Regional Transportation Authority, the Chicago Transportation Authority, Metra and Pace to create a modern transit system for northeastern Illinois.

As a partner, Antioch's job is to promote transportation projects to residents and other communities by assigning officials to keep up to date with RTA projects.

### Our Town

## Planting recognition

Along with other towns across the county, Antioch will soon plant red tulip bulbs during **Red Ribbon Week**.

The Lake County Health Department is offering municipalities, schools, and other organizations 100 free bulbs, and Antioch took them up on the offer.



Tara Clifton

The tulips will be planted from Oct. 21 to Oct. 29, and the red flower is meant to celebrate those who have chosen to be tobacco-free and those who have been touched

by a tobacco-related disease.

For more information, call the health department at (847) 377-8090.

**St. Peter Parish** will join the fight against poverty when they participate in the 2006 Communities Responding to Overcome Poverty Walk.

The 5k or 10k walk-a-thon will raise funds for victims of poverty, hunger, natural disasters and more. Local food pantries, soup kitchens, and other social service groups will get 25 percent of the money raised, while 75 percent will go to Church World Service, a relief agency that provides food, shelter and self-help programs to those in need around the world.

The **CROP Walk** will take place on Sunday, Oct. 15, in Waukegan. Antioch participants can meet after the 11:30 a.m. mass in the St. Peter parking lot to carpool to St. Anastasia Church in Waukegan, where the walk-a-thon will start.

For more information, call (847) 395-3766.

*If you have interesting information or anecdotes to submit for "Our Town," e-mail Tara Clifton at tclifton@nwnewsgroup.com*



# Village approves purchase of three new police cars

By TARA CLIFTON

tclifton@nwnewsgroup.com

ANTIOCH - The Antioch Police Department will soon receive three new squad cars.

Village trustees approved on Monday, Oct. 2, buying three 2007 Ford Crown Victoria models from Lyons Ryan Ford on 104 West Route 173.

Each vehicle costs \$21,998.

Lyons Ryan was not the lowest bidder, but the dealership offered the lowest price for what the police department needed, said Village Administrator Mike Haley.

Officials looked into Raymond Chevrolet's offer of three 2007 Chevrolet Impalas, costing \$17,192.85 a car, but the vehicle was too small.

Chrysler-Dodge's 2007

Charger also proved to not have enough space. Antioch Police Department specifications require that, among other things, squad cars have enough room to fit equipment in the trunk and vinyl seats to easily clean spills.

Buying new lights, cages and other equipment to outfit the smaller cars would have cost an additional \$2,106 a vehicle.

## Births

Genna Marie DeLap, a daughter, was born Aug. 31 at Lake Forest Hospital to Michael and Tammy DeLap of Antioch. Grandparents are Tom and Arlene Bradley of Elgin and Raymond and Linda DeLap of Rochelle.

Ethan Michael-Thomas Eslinger, a son, was born Aug. 28 at Lutheran General Hospital in Park Ridge to Tom and Rachelle Ryan-Eslinger of Grayslake. His sisters are Emilie, 8, Alexis, 6, Taylor,

4, and Ashlyn, 2. Grandparents are Sue Ryan and Patrick Bogie of Gurnee; Carol and Dan Kurbán of Round Lake; John and Pixie Eslinger of Antioch. Great grandparent is Marie Eslinger of Antioch.

Marilyn Ruth Hallwas, a daughter, was born Aug. 23 at Lake Forest Hospital to Brian and Lisa Hallwas of Beach Park. Her brothers are Vincent, 10, and Jonathan, 4. Grandparents are Vincent and Marilyn Smith of Beach Park.

## GRAYSLAKE



Sandy Bressner - sbressner@nwnewsgroup.com

Justin Fiorelli, of Waukegan, as the White Rabbit, and Laura Balinski, of Lake Villa, as Alice, rehearse their roles during a dress rehearsal of the College of Lake County's production of *Alice in Wonderland*. Performances began Oct. 4 in Grayslake.

# 'Alice in Wonderland' comes to local college

By KATHY GRESEY

kgresey@nwnewsgroup.com

## All the details

What: "Alice in Wonderland"

Where: Mainstage Theatre, James Lumber Center for the Performing Arts at the College of Lake County, 19351 W. Washington St., in Grayslake

When: 10 a.m. on Friday, Oct. 6; 3 and 7 p.m. on Saturday, Oct. 7; and 2 p.m. on Sunday, Oct. 8 (with sign language interpreter)

Tickets: \$5

For more information: (847) 543-2300 or [www.clcillinois.edu/tickets](http://www.clcillinois.edu/tickets)

CLC is a more professional theater environment.

"It takes it to another level," Holland, who plays "the Mouse," said. "At CLC, it's more about the actors and what we need."

General admission tickets to "Alice in Wonderland" cost \$5. Discounts are available for groups of 10 or more.

Though the performance is listed as a children's production, "the White Rabbit," played by Justin Fiorelli, said adults also will find it enjoyable.

"It's so wacky," he said. "It's really the only kids show I've done that is good for kids and adults. It's the most fun [show] I've ever worked on."

GRAYSLAKE - To enter a world of imagination, one need only look in his or her backyard.

The College of Lake County is hosting its fall children's theater production, "Alice in Wonderland," Oct. 6 through 8. This colorful and laughter-filled stage adaption of Lewis Carroll's classic tale features all of the story's famous characters: Alice, the White Rabbit, the Mad Hatter and the Queen of Hearts.

Director Craig Rich said he was drawn to "Alice in Wonderland" because it is a story about imagination and creativity.

"It's a good reminder to have fun," he said. "The whole point is that a lot of it doesn't make sense, and that's OK. It doesn't have to."

The one-hour performance features a cast of CLC students, some of whom are new to the college's stage.

Lake Villa resident Laura Balinski is one such actor. She plays "Alice" in the whimsical production.

"I'm excited about it," the 18-year-old said. "Everybody is really in tune with each other."

Emma Holland, of Round Lake, is a newcomer as well. An actor in high school, she said



## Lindenhurst/Lake Villa Chamber

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## ● Police Beat

*People named here have only been charged with these crimes, not convicted. Information in Police Beat comes from local police records.*

### LAKE VILLA

#### Suspended driver's license

Victor H. Morales, 20, 540 Beacon, Round Lake; driving with a suspended license, driving without insurance, wanted on an in-state warrant, Sept. 24.

Robert P. Callahan, Jr., 38, 314 Berkshire Drive, Lake Villa, driving with a suspended license, driving without registration, driving without proof of insurance,

Sept. 21.

#### No valid driver's license

Alfredo Lechuga-Herrera, 21, 512 LaPorte Ave., Northlake, driving without a valid license, failure to reduce speed to avoid an accident, Sept. 21.

#### Possession

Jonathan G. Hein, 23, 415 Flanders Lane, Grayslake, possession of marijuana, Sept. 29.

Molly C. Deacon, 21, 1217 Berwin Street, Spring Grove, possession of drug equipment, driv-

ing without registration, improper lane use, Sept. 26.

### LINDENHURST

#### DUI

Brian M. Desgranges, 26, 655 W. Roscoe Street, Chicago, driving under the influence, DUI of 0.08, improper lane use, improper lighting, Oct. 1.

Shawn A. Clark, 21, 3505 108th Street, Pleasant Prairie, Wis., driving under the influence, DUI of 0.08, speeding, Oct. 1.

Erasmio Elizondo, 26, 3900 45th

Street, Kenosha, Wis., driving under the influence, DUI of 0.08, endangering the life and health of a child, Sept. 23.

Robert V. Hicks, 49, 2625 Glen Flora, Waukegan, driving under the influence, improper turn, improper lane use, driving with no proof of insurance, driving with a suspended license, Sept. 24.

Jose M. Atilano Reyes, 40, 6038 18th Ave., Kenosha, Wis., driving under the influence, DUI of 0.08, improper lane use, Sept. 25.

Dustin M. McGuire, 22, 37127 Piper Ave., Lake Villa, driving under the influence, failure to signal, improper lane use, driving without a seat belt, driving without proof of insurance, driving with a suspended license, Sept. 28.

#### Suspended driver's license

Sandra L. Ross, 40, 2020 Burr Oak, Lindenhurst, driving with a suspended license, driving with suspended registration, driving with no proof of insurance, Sept. 26.

# Students learn lessons outside classroom

## D-34 program aims to teach students how to help their peers

By TARA CLIFTON

tclifton@nwnewsgrroup.com

ANTIOCH - Generally when students get into arguments with their peers, they turn to their peers for help rather than a teacher.

As of last week, a group of fifth grade students is now trained to handle those arguments properly, and teachers are fully supporting it.

School District 34 has just launched its Conflict Managers program, aimed at helping kids learn mature, responsible ways to solve their problems.

Eric Skoog, the district's student assistance program coordinator, said 75 district fifth-graders have completed several

weeks of training to become conflict managers.

"It's empowering kids to make proper decisions and model good behaviors," Skoog said. "And when you look at a kid that's been a little naughty, they might want to deal with their peers."

Two managers are assigned to each recess, and they wear hats and carry clipboards to distinguish themselves for others, Skoog said. The managers scan the playground for problems or students with arguments approach the managers for help.

Teachers and staff trained the student managers to go through four steps when dealing with a conflict, Skoog said.

First, ground rules are established, such as no name-calling or interrupting. Second, each side tells his or her part of the story, and then solutions are brainstormed. Last, a plan is drawn up to avoid the same problem later.

The managers were voted upon at the end of their fourth-grade year, Skoog said. Their classmates elected them using a secret ballot.

The managers are not expected to handle every situation though, Skoog said.

Managers are told to turn to teachers if they encounter a serious problem.

Many conflicts are low-key, however, and this allows social workers and staffers to have more time for students with deeper issues.

In the meantime, both student managers and the managed students are learning.

## Families invited to meet candidates, have fun

ANTIOCH - Families are invited to bond with each other, bond with other families, and get to know the Republican candidates on this November's ballot.


The Antioch Township Republican Club will host Family Fest from noon to 4 p.m. on Sunday, Oct. 15, at Williams Park.

The free event will offer a picnic, food and drinks, games and free pumpkins for the kids.

Those 18 and older can enter a drawing to win a television.

Festival-goers also will get the chance to meet such Republican candidates as David McSweeney, candidate for Congress, Lake County Sheriff Gary Del Re, Antioch Township Trustees Judy Davis and Linda Pedersen, and State Representative JoAnn Osmond.

For more information, contact Brent Bluthardt at (847) 838-0212.



**Antioch Chamber of Commerce & Industry**

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**Downtown Antioch**

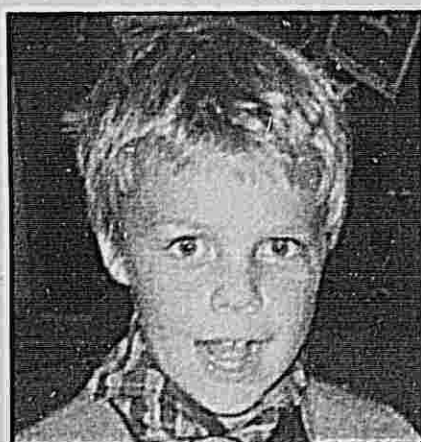
Tapping of the 1st Keg - Noon  
 Kitchen Band - 12:30pm • Brat Toss - 1:15pm  
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 Wiener Race (Dachshunds) - 2pm  
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Neighbors



**John Gossman  
of Antioch**

**I grew up in:**  
Antioch

**My family:**  
Rick Gossman, Tracey Gossman and  
Abby Gossman

**My pets:**  
My two cats Nibby and Merlin

**Occupation:**  
Chores

**I graduated from:**  
3rd grade

**Hobbies:**  
Football, baseball, hockey, and Gameboy

**Last good movie you saw:**  
"RV"

**What's in your CD player right  
now?**  
Beatles, Bon Jovi, Cheap Trick

**Last good book you've read:**  
"Zombie Butts From Uranus"

**Favorite restaurant:**  
Olive Garden

**Favorite meal:**  
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**Favorite place to shop:**  
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**If you could have one super power,  
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An artistic eye



Chris Padgett - cpadgett@nwnewsgroup.com

John Islin of Antioch peers closely at a painting as his wife, Fran, stands beside him at the Antioch Fine Arts Foundation fundraiser. The fundraiser took place at the Best Western Hotel in Antioch.

**Domestic violence focus for October**

October is Lake County Domestic Violence Awareness Month, and police officials would like to remind those who are victims or know someone who is that help is available.

The Lake County Sheriff's Office offers cell phones that dial only 911 for domestic violence victims who cannot afford a cell phone. Information on how to obtain

an order of protection or shelter locations also can be found through the sheriff's office.

For more information, call the Lake County Sheriff's Office at (847) 377-4070.

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Local Digest

**Autumn fun**

The German American Club of Antioch will host its annual Octoberfest at 6 p.m. on Saturday, Oct. 7, at the German-American Cultural Center on Route 132, one mile west of Route 83 in Lake Villa.

Die Freistadt Alte Kameraden Band will entertain. Raffle prizes will be up for grabs. Tickets cost \$10 each.

For more information, call (847) 356-5484.

**Turkey!**

St. Ignatius of Antioch Episcopal Church will host its 53rd-annual Turkey Dinner from 4 to 7 p.m. Oct. 14 in Hanley Hall at St. Peter's Church in Antioch. Besides turkey, guests can enjoy an open house featuring a bake sale, a silent auction, a 50/50 raffle and more.

Tickets cost \$10 for adults, and \$5 for those 13 and under. For more information, call (847) 395-0652.

**Calling all bargain hunters**

The Lake County Council Against Sexual Assault will host its annual Giant Upscale Tented 3-Day Rummage Sale from Oct. 6 to 8 in the parking lot of the LaCASA/Zacharias Center, 4275 Old Grand Ave., in Gurnee, rain or shine.

Response to LaCASA's call for donations has been so great that organizers can no longer accept most items. They will still take furniture donations, and all donations to LaCASA are tax deductible.

For details about LaCASA's rummage sale, call Linda West at (847) 244-1187, ext. 21.

**Higher education**

University Center of Lake County will host College Night from 6 to 8 p.m. on Wednesday, Oct. 11, showcasing its undergraduate programs.

This is the first in a year-long series of informational sessions on groups of University Center undergraduate programs.

For more information about University Center, visit [www.ucenter.org](http://www.ucenter.org).



## Fire Prevention week begins Oct. 8

ANTIOCH – Antioch firefighters will visit schools and educate the public during Fire Prevention Week, which will take place from Oct. 8 to 14.

Along with the National Fire Protection Association, the Antioch Fire Department will focus on this year's theme, "Prevent Cooking Fires: Watch What You Heat."

Many fires start in the kitchen and are the result of

unattended food, officials said. Firefighters will spend 45 minutes in each classroom explaining to children the importance of learning the emergency phone number, the "stop, drop and roll" method, and not hiding from rescue workers.

Officials also remind adults to stay in the kitchen and monitor the stove while frying, grilling, boiling or broiling food. The stove should be

turned off whenever the cook leaves the kitchen.

When simmering, baking, or roasting food, it should be checked regularly using a timer.

Children should be kept away from the stove at all times. Potholders, oven mitts, wooden utensils and other items should be removed from the stovetop area while cooking.

## Condell discusses facility possibility for Antioch

### WEEKLY JOURNALS

WAUKEGAN – In midst of expanding its emergency department and bed tower, Condell Medical Center also is discussing facility expansion.

During a discussion with the Lake County Health Department, Condell CEO and

President Dennis Millirons mentioned that Condell is looking into adding a facility in Antioch.

"We're evaluating the Antioch market, and we're definitely going to have facilities there, Millirons said. "It could include urgent care as well."

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## ● School news

**SCHOOL DISTRICT 41****Advisory meetings**

Parents and the community are invited to attend the district's Curriculum Advisory Council meetings during the school year.

The council discusses curriculum, standards, and programs to ensure solid learning among students.

The next meeting will take

place at 4 p.m. on Wednesday, Oct. 11, in the learning center at Palombi Middle School.

For more information, contact Alex Barbour at (847) 245-8002.

**Daytime concerts**

At Hooper School this year, all musical performances will take place during the day.

The next concert will feature fifth-graders at 1:45 p.m. on

Nov. 9, at the school's stage.

For more information, call Cathy Welch at (847) 245-8115.

**CLC classes**

The College of Lake County invites students in grades six through eight to take its extra curricular classes.

Students can choose from arts and crafts, video, culinary arts, photography, computers, dance, animal care, and more.

For more information, call (847) 543-2759.

**Special screening**

The district is taking appointments for its Special Education screenings next month.

The sessions take place in the morning on Tuesday, Oct. 17, at Thompson Elementary School. These screenings are for three and four year olds only.

To make an appointment, call

Sue Payne at (847) 245-8004.

**SCHOOL DISTRICT 34****PreK screening**

The district will host free developmental screenings for kids aged 3 to 5. They will take place at Hillcrest Elementary School on a monthly basis. To make an appointment or get more information, call (847) 838-8422.

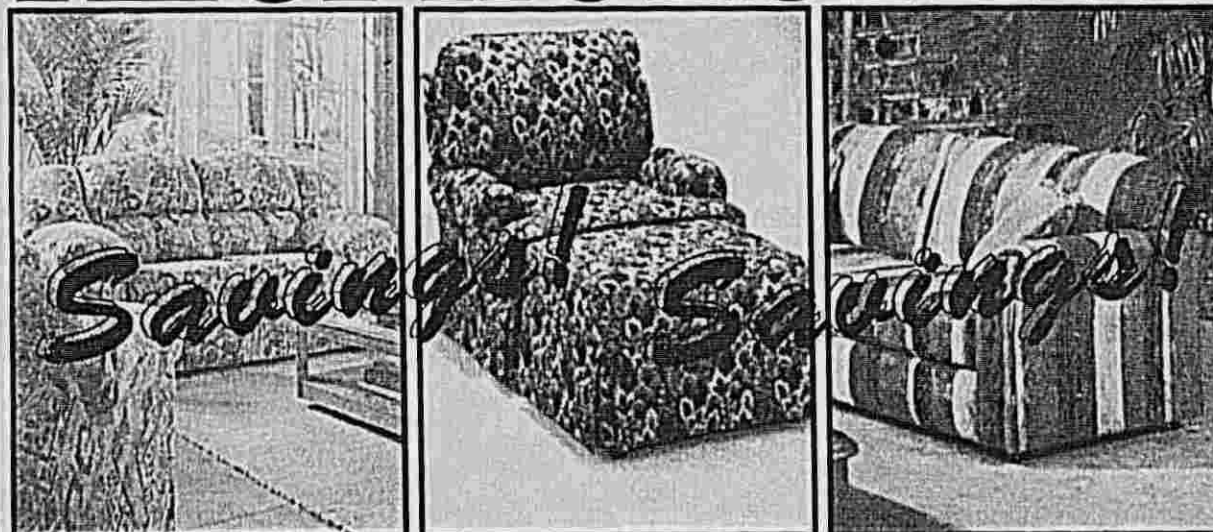
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# D-34 asks residents to help solve space problem

## Task force, survey look to shed light on answers

By TARA CLIFTON

tclifton@nwnewsgroup.com

ANTIOCH - Space has become School District 34's most precious commodity.

The district's student population is increasing rapidly, and it shows no signs of slowing down, said Superintendent Scott Thompson. Cramped classrooms and offices are forcing leaders to find solutions as soon as possible.

Officials are asking community members to join a task force with the hope that multiple heads will be better than one in finding answers to the district's growing pains.

"We have to figure out a plan," Thompson said. "Where are we going to put these kids."

The first task force meeting will take place at 7 p.m. on Wednesday, Nov. 15, at Hillcrest Elementary School. All are welcome to come.

Officials also will rely upon the results of another survey, which will be sent out at the end of this month, Thompson said.

School Perceptions, an information gathering firm based in Wisconsin, has written and will distribute the survey, Thompson said. The district hired the firm in April for about \$8,500.

The questionnaire will be more comprehensive than those the district has sponsored.

Residents will be able to find

the survey online at [www.schoolperceptions.com](http://www.schoolperceptions.com).

The survey and the task force will enable district heads to find both short term and long term solutions to overcrowding, Thompson said.

Another referendum will be placed on voters' ballots next spring, and Thompson said the survey results and ideas from the task force will help officials know what to ask.

Last academic year, a March 21 referendum asking residents to fund two new schools and repairs to existing buildings

failed. If approved, the project would have cost roughly \$45.6 million, boosting the tax rate by 20 cents.

But officials still have a while until another referendum could solve the district's problems.

That's where the task force will step in.

Thompson said leaders are bouncing around such ideas as renting unused space in other schools.

"There are all kinds of possibilities," Thompson said. "They'll have to work through them."

# State, cities raise concerns regarding energy prices

By EMILY PREVITI

epreviti@nwnewsgroup.com

As winter wears on, bills build. Costs to heat homes rise as temperatures drop, and pay checks disappear more quickly.

Nor the time for external expenses to increase. Nor to subsidize on a salary that has stayed the same for years on end.

An impending increase in electricity rates underscores these issues as fall elections and the end of the year loom.

A preliminary auction last month determined that electricity rates could jump between 26 and 55 percent after nearly a decade of stagnation, according to the Citizen's Utility Board (CUB), a Chicago-based watch-

dog group.

The rates would take effect in January.

CUB, Illinois Attorney General Lisa Madigan and Gov. Rod Blagojevich have fought "for months for a three-year extension of rate freezes," according to CUB spokesperson Jim Chilsen.

House Bill 5766 aims to do just

that, and though Blagojevich has just called for a special session to address the possible price spike, the legislation has been garnering support - including that of State Rep. Kathy Ryg, D-Vernon Hills - in the Illinois General Assembly since February.

## Local lens

If the bill does not go through, residents could feel the impact on multiple fronts as their local governments also face electricity bill increases.

The Village of Gurnee Board of Trustees authorized village administrator Jim Hayner to represent the village during a cooperative electricity auction at its last meeting Sept. 18.

"Obviously, we're going to go with the lowest price we can get on it," he said in a recording of that meeting posted on the village's Web site.

Gurnee is one of nearly 65 municipalities and entities throughout the state that will join the Northern Illinois Municipal Electric Cooperative (NIMEC), according to the cooperative's founder and president David Hoover.

Those communities include Barrington, Countryside, Crystal Lake, Deerfield, Deerfield Park District, Grayslake, Libertyville, Lindenhurst, Mundelein and Wauconda.

It costs \$100 to join the group, which is based in Prospect Heights.

Hoover formed NIMEC four months ago. He said he has worked in the utility consulting business since 1992, and has specialized in government accounts for the past decade.

"I formed NIMEC to take advantage of opportunities

available through deregulation next year," he said.

Hoover said NIMEC will submit bids to three of the 16 electric suppliers authorized by the Illinois Commerce Commission.

"We will select the lowest bid and compare that to the ComEd auction rate," he said. "If [it's] lower, [we will] make that available to our membership."

Hoover declined to name the three suppliers.

Hoover anticipated "volume discounts" that would be set for 17 months, at which time another auction would occur.

Hayner presented similar reasoning to the board at its meeting Sept. 18. He anticipated he would present the board with a figure at its meeting on Oct. 9 or 16.

Waukegan 1st Ward Alderman Sam Cunningham said Waukegan City Council has not yet broached the issue.

Waukegan Director of Governmental Services Raymond Vukovich said the city "was working with ComEd for some energy savings ... it has to do with our water plant."

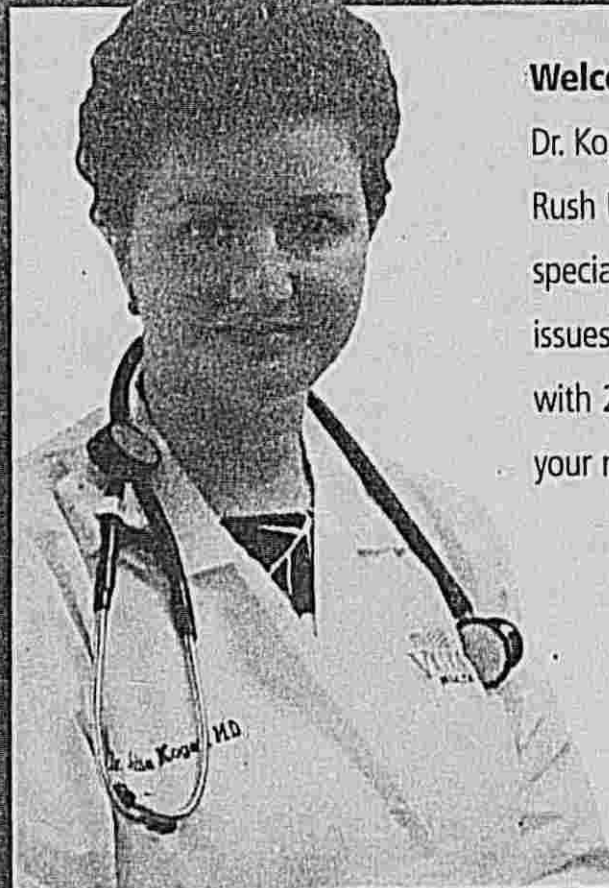
"We're working with People's Energy to provide some people to be in pilot program and getting out more information to residents," Vukovich added.

According to Vukovich, the program helps homes increase energy efficiency through installation of weather stripping on doors, and putting caulk and plastic around windows.

Vukovich said the city has a long-standing agreement with ComEd in which the company "provides electricity at no cost for library, city hall, fire stations," as well as lighting in streets and parking garages.

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## Around the County

### ● Charitable donation

Lake County's Family Sufficiency Program receives an award and \$25,000 from Catholic Charities USA, in recognition for its support toward families and communities.

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### ● Smoked out

Lake County municipalities gather to discuss the impact that smoke-free laws have had on communities and businesses in the area.

Page A17

### ● Our View

A recent amendment to aviation rules about carry on luggage and liquid products now allows for passengers to bring up to 3-ounces, but that will likely bring more criticism than peace.

Page A18

### ● Seeing it Through

Columnist John Matijevich comments on political promises and the 1994 Contract with America.

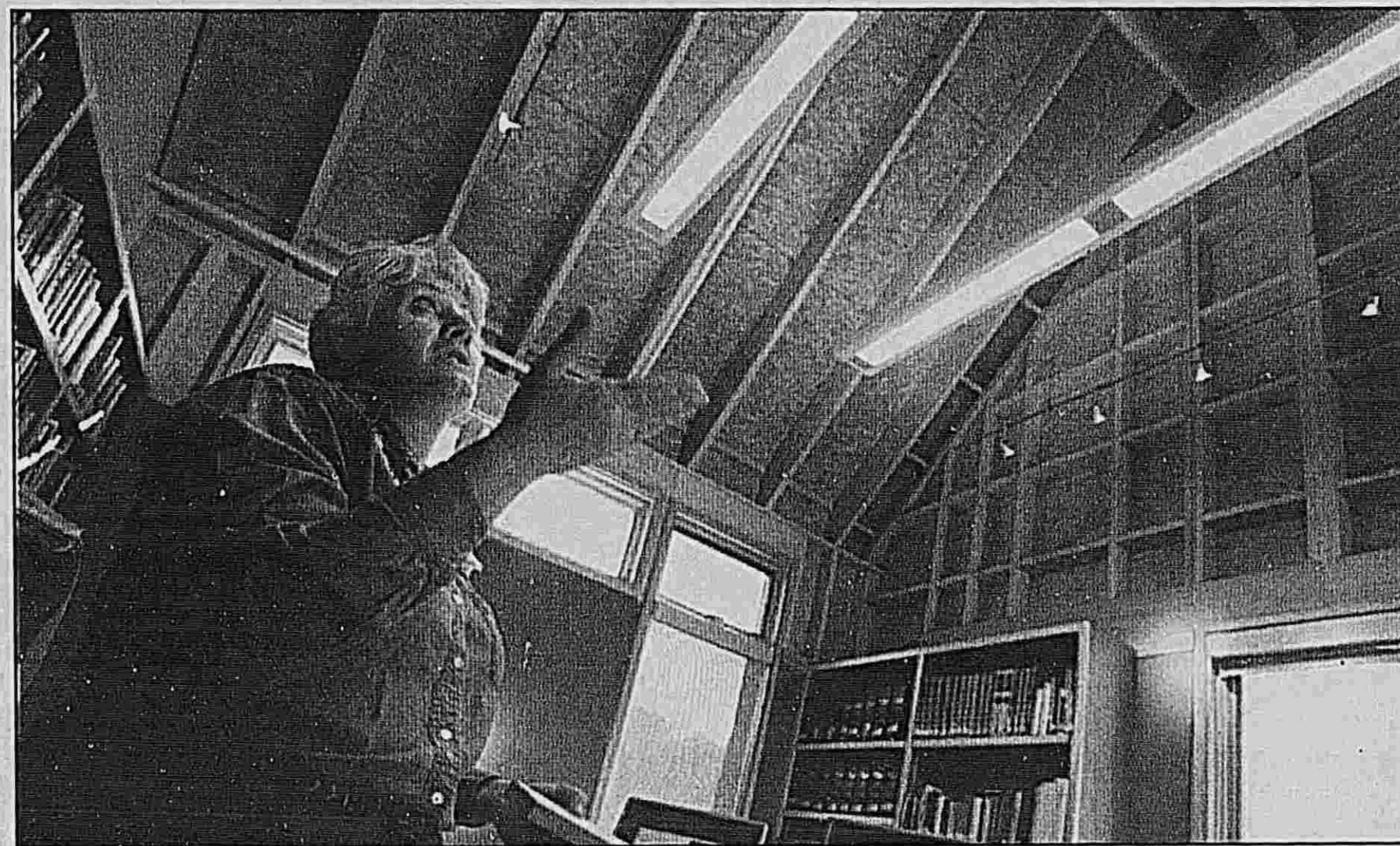
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### ● Partylines

U.S. Rep. Melissa Bean is being asked by Republican candidate David McSweeney to take a stance on tax cuts. Meanwhile Mark Curran, Democrat candidate for Lake County Sheriff, makes election promises.

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## Building a greener future



Chris Padgett - cpadgett@nwnewsgroup.com

Nan Buckardt, an environmental education manager for the Lake County Forest Preserve, discusses the green architecture of the Ryerson Woods Welcome Center in Deerfield. The welcome center features many advanced innovations in environmental design including various heating and cooling technologies and creative use of recycled materials.

## Forest preserve hopes welcome center will educate public

By EMILY PREVITI  
epreviti@nwnewsgroup.com

DEERFIELD - If 552 acres of leaves tinged with warm hues are any indication, then autumn is in full swing.

Soon, winter will set in. Wind will rattle windows, temperatures will sink, and costs of heating bills will rise.

Do comfort and cost savings sound appealing?

Enter green architecture.

Nan Buckardt, environmental education manager for the Lake County Forest Preserve, spoke of the comfort when she discussed the benefits of green architecture - also termed sustainable building - at the official opening of the Ryerson Woods Welcome Center, 21950 N. Riverwoods Road, in Deerfield, on Sunday, Oct. 1.

"We've all been in rooms where you

stand over here and want to [wear] a parka, and stand over there and need a bathing suit ... because [the temperature] is just not even," she said as she stood in the center's library, where an air sock hangs above the rafters and distributes air evenly throughout the room, versus the concentration of blasts of air from vent-controlled ventilation.

The \$2.5 million project - \$250,000 funded by grants and the remainder by county-wide referenda - took almost a decade to conceive and complete, according to Buckardt.

Buckardt, who has worked for Lake County Forest Preserve for 22 years, strolled the site and offered explanations of aspects of green architecture within the center, which opened in June.

"We're very proud of it and very interested in [sustainable architecture]

### What can I do?

The best ways to save energy, Buckardt said, is to replace windows. Properly insulated windows most drastically reduce wasted energy.

and it would not surprise me at all if future buildings have elements of green architecture in them," Buckardt said of the preserve's plans to incorporate aspects of green architecture into additional structures.

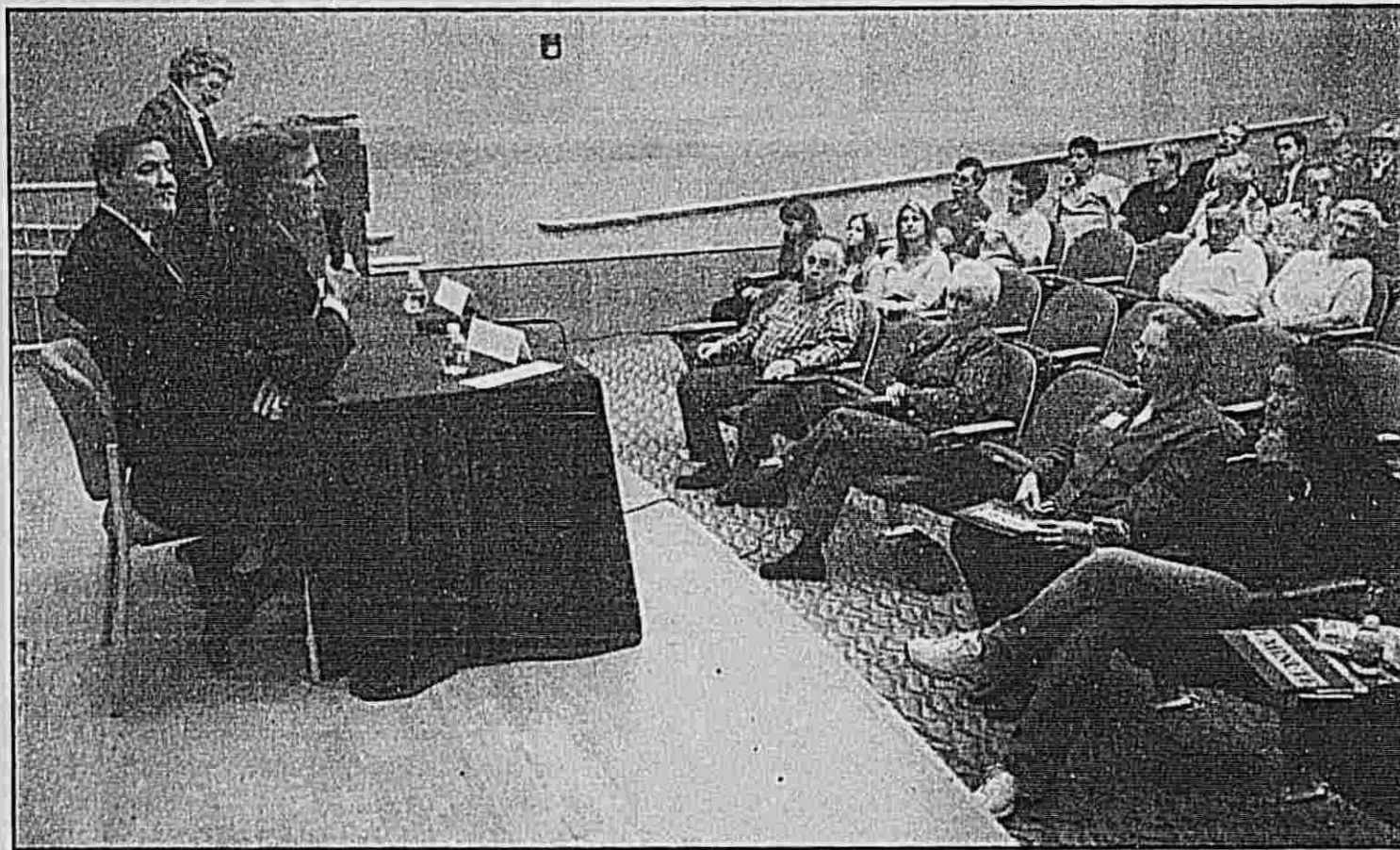
Buckardt said the building should obtain its Leadership in Energy and Environmental Design (LEED) certification before the end of the year.

According to the U.S. Green Building Council, the LEED Green Building Rating System sets standards for design, construction, and operation of green buildings. LEED examines five areas of human and environmental health when determining certification: sustainable site development, water savings, energy efficiency, materials selection, and indoor environmental quality.

See FOREST PRESERVE, page A26



## Squaring off



Chris Padgett - cpadgett@nwnewsgroup.com

Citizens of Lake County listen as David McSweeney, 8th District Republican candidate and Bill Scheurer, independent candidate, answer questions at the Voters Forum hosted by the league of Women Voters of Lake County at the College of Lake County, in Grayslake, on Sunday.

## BUFFALO GROVE

## Buffalo Creek plans boosts forest preserve in south county

### Cooperation between water reclamation district, forest preserve ease planning

By STEVE PETERSON

speterson@nwnewsgroup.com

**BUFFALO GROVE** - Proposed future plans for public access improvements and natural resources restoration at Buffalo Creek Forest Preserve will be reviewed by Lake County Forest Preserve officials and available for public viewing.

The plans were the result of proposed inter-governmental agreements between the Lake County Forest Preserve and two project partners: the Metropolitan Water Reclamation District of Greater Chicago for granting an easement to construct a new reservoir at Buffalo Creek and the Lake County Division of Transportation for transfer of land needed for right-of-way improvements at the intersection of Arlington Heights Road and Lake-Cook Road.

Public input about the proposed future plans for Buffalo Creek was welcomed at a planning open house Sept. 28, hosted by Lake County Forest Preserve.

At the open house, the public was invited to review the proposed plans for Buffalo Creek, submit written comments about the project,

and ask questions of forest preserve professional staff.

Those who were unable to attend the planning open house can view the proposed plan by visiting the Lake County Forest Preserve Web site at [www.LCFPD.org](http://www.LCFPD.org). Comments concerning the plan may be e-mailed to Mike Fenelon, the LCFP's director of planning, conservation and development at [mfenelon@co.lake.il.us](mailto:mfenelon@co.lake.il.us). Comments submitted at the planning open house or via e-mail become part of the public input for the planning process that will be reviewed by Forest Preserve Board of Commissioners.

Fenelon said that the level of cooperation has been good between the forest preserve and the water reclamation district.

"It will be a combination of natural resource restoration and recreation," Fenelon said. "There will be significant improvements to public access and the trail system. The east side, the trails will be raised, so they aren't as flooded as often. The central trails will be redone. There will be an additional trail on the west side near Long Grove of about a mile. The [Metropolitan Water Reclamation District] is building a reservoir and that will take two years to do."

For more information about the proposed Buffalo Creek concept plan or the Planning Open House, call Forest Preserve Planning, Conservation and Development Office, at (847) 680-6301.

## Catholic Charities receives \$25K

By EMILY PREVITI

epreviti@nwnewsgroup.com

### The bottom line

When Tyrone Jordan's wife went to prison, he knew he would face bumps in the road ahead.

"Financially, I was kind of okay, but spiritually and emotionally I was kind of torn down," Jordan said. "[My wife] had to go away two or three days after New Years [Day]. It was nothing I prepared for ... and I was totally shocked."

Friends recommended the Lake County-based Family Self-Sufficiency Program of the Archdiocese of Chicago.

The program received a 2006 USA Family Strengthening Award from Catholic Charities USA.

Three of 1,500 nationwide programs received awards for excellence in support of families and the communities.

Jacqueline Small, human resources specialist for the program's employment portion, said clients seek stabilization in various arenas.

"Maybe you're making \$30,000, but ... have other issues," Small said.

Through in-house caseworkers and referrals to external agencies, the program provides clients with budget counseling, therapy to address mental health issues, degree programs, job placement, interview coaching, and resume reviews.

"That's part of being self-sufficient," Small said. "You're taking care of every part of you."

Lake County's Family Self-Sufficiency program has helped single-parent families in Lake County since 1985.

Currently, caseworkers handle 130 clients. Most speak Spanish - six of seven, according to Small - and are female. The program did not admit men until 2002.

Jordan, father of three, joined the program that year, during which his wife left to serve 10 to 15 years in prison for aggravated battery and a slew of other charges related to a robbery in Gurnee in 2001.

Clients must be older than 18 and have at least one child younger than 18 living with them, according to program supervisor Laura Kuever. They

• \$25,000 for each winner to spend as the agency chooses; however the national organization asks them to reinvest the money into their agency.

Lake County Catholic Charities' Family Self-Sufficiency plans were to pump funds back into program, which runs on a yearly budget of \$317,000.

Sources: Jane Stenson, senior director for human services for Catholic Charities USA and Jacqueline Small, human resources specialist for Lake County Catholic Charities' Family Self-Sufficiency employment portion

also must have "stable housing," she said.

Although Jordan, 46, of North Chicago, has kept a roof over his family's head, he said he wants to buy a nicer home and a car. He also turned to the program for help to streamline his life, and improve his career prospects and earning potential.

Once enrolled, clients establish goals and timelines with caseworkers.

The program will keep clients in check for up to five years, Kuever said.

Jordan, who has applied to jobs in customer service, said he has about 18 months left.

The national organization honored the winners, which also included programs from Alaska and West Virginia, at a ceremony in St. Paul, Minn., on Sept. 15.

Jane Stenson, senior director for human services for Catholic Charities USA, said the award aims to reward agencies, as well as to ferret out those that should serve as examples for other chapters, Stenson explained.

A dozen people who represent chapters from Canada to the Virgin Islands to Brooklyn will visit the Lake County chapter for a couple of days in November, Stenson said.

"[It] helps ease the tension if the person is willing to accept it," Jordan said of help extended by the program.

"Sometimes if one door closes, two more can open, if you keep your eyes open."



# Communities discuss smoke-free laws

Mayors, trustees, village administrators and other representatives of 19 Lake County municipalities recently attended one of three discussions about smoke-free communities.

The breakfast discussions were co-hosted by the American Heart Association and the Lake County Health Department and Community Health Center's Tobacco Free Lake County program.

"The main purpose of these breakfasts was to create a dialogue," said Kristine Andersen, coordinator of drug prevention programs at the Health Department. "We presented information about the benefits of smoke-free laws and we were available to answer questions, but the true benefit came from the discussions that followed."

Buffalo Grove Mayor Elliot Hartstein, whose village recently passed a smoke-

## For more information

To learn more about smoke-free communities in Lake County, visit [www.co.lake.il.us/health](http://www.co.lake.il.us/health) or contact the Tobacco Free Lake County program at (847) 377-8090 or [tlfc@co.lake.il.us](mailto:tlfc@co.lake.il.us).

free ordinance, stressed the importance of getting feedback from community members.

"I was amazed at the overwhelming support," he said.

Buffalo Grove conducted an online survey that generated more than 400 responses from community members. More than 90 percent were in support of a smoke-free ordinance.

In Lindenhurst, another smoke-free community, the mayor and trustees formed a goal statement that they referred

## In attendance

Representatives from the following communities attended one of three recent smoke-free discussions:

Barrington, Beach Park, Buffalo Grove, Deer Park, Green Oaks, Gurnee, Hawthorne Woods, Highland Park, Highwood, Lake Bluff, Lake Zurich, Lakemoor, Lindenhurst, North Chicago, Round Lake Beach, Waukegan, Island Lake, Park City and Wauconda.

back to when discussing the details of the ordinance.

"Our goal was to protect all Lindenhurst employees and patrons from the dangers of secondhand smoke," Lindenhurst Mayor Jim Betustak shared.

Highland Park Mayor Michael Belsky also said that everyone has the right to be

## Smoked out

The following Lake County communities already have passed smoke-free ordinances:

Buffalo Grove, Deerfield, Highland Park, Lake Forest, Libertyville, Lincolnshire, Lindenhurst, and Vernon Hills

protected.

"In this case there should be no compromise," he said.

Highland Park was the first Lake County community to go smoke-free, and according to Belsky, business has been improving.

Third quarter 2005 sales tax revenue from eating and drinking establishments was up 6.5 percent compared to the same revenue in the third quarter of 2004 before the ban, he said.

## CLC Notes

### International education program fall lecture series

Four upcoming lectures on international topics will be presented by the College of Lake County International Education program this fall, featuring guest speakers and CLC faculty members. The lunchtime lectures are free and open to the public.

### 'U.S. Stake in the Lebanese Crisis'

This program will be presented by Dr. Ghada Talhami, professor of politics and chair of the International Program of Lake Forest College from 11:30 a.m. to 12:30 p.m. on Wednesday, Oct. 25 in room D 100. Questions to be answered in this lecture include, "What is the U.S. stake in this latest Mideast war? Is the U.S. justified in regarding this conflict as another phase in the global war on terror? How do we reconcile the Arab and the American view of this war?"

### 'Toward Convergence in Education'

"What Can China and the U.S. Learn from Each Other?" will be offered by Dr. Ruiqing Du, professor and distinguished visiting scholar, Bagwell College of Education, Kennesaw State University and professor, Xi'an International Studies University, Xi'an, China. The lecture will take place from noon to 1 p.m. on Nov. 9 in rooms T 326-328. This lecture will introduce major features of Chinese educa-


tion at different levels and identify its achievements, problems and challenges as compared or contrasted with American education.

### 'Democracy in Francophone West-African Countries; Past, Present and Future'




A Film Director's Perspective will be presented by Moussa Sene Absa of Senegal. This program is co-sponsored by the Communication/Arts Division as part of the celebration of National French Week. The lecture will take place from 11:30 a.m. to 12:30 p.m. on Nov. 8 in room C 003. Prior to this lecture, at 10:30, the movie "Tableau Ferraille" (Scrap Heap) will be shown. Following the movie, the speaker will lead the discussion.

### 'The Re-emergence of Leftist Movements in Latin America'

This program will be presented by Dr. Tim Murphy, professor of political science of Northeastern Illinois University and part-time CLC political science instructor. The talk will take place from noon to 1 p.m. on Nov. 16 in room C 003. This lecture will explore the global and regional factors that have contributed to the reemergence of left-wing or populist political movements in a number of Latin American countries, including Bolivia, Brazil, Chile and Venezuela. For more information please contact Li-hua Yu at (847) 543-2741 or [lyu@clcillinois.edu](mailto:lyu@clcillinois.edu).



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## Our View

# 3-ounce rule has baggage

Airline passengers once again can bring hair gel and toothpaste on airplanes – albeit in small quantities.

Recently U.S. aviation officials eased restrictions that had banned any liquids from being carried on airplanes. Now, up to 3 ounces of hair gel, shaving cream and other toiletries can be brought on airplanes in carry-on luggage.

"What you see here today is the prudent balancing of the work that we need to do to protect security and common sense," said Michael P. Jackson, deputy secretary of the Homeland Security Department, in a Washington Post story.

Critics would take issue with Jackson's comment that the initial ban was an example of "common sense." The ban prompted many complaints from travelers who apparently were incapable of placing toiletries in checked bags.

The decision to revise the policy does make sense.

Officials evaluated the liquid bomb threat and made changes accordingly. However, the adjustments likely are to create problems of their own.

Undoubtedly, some people

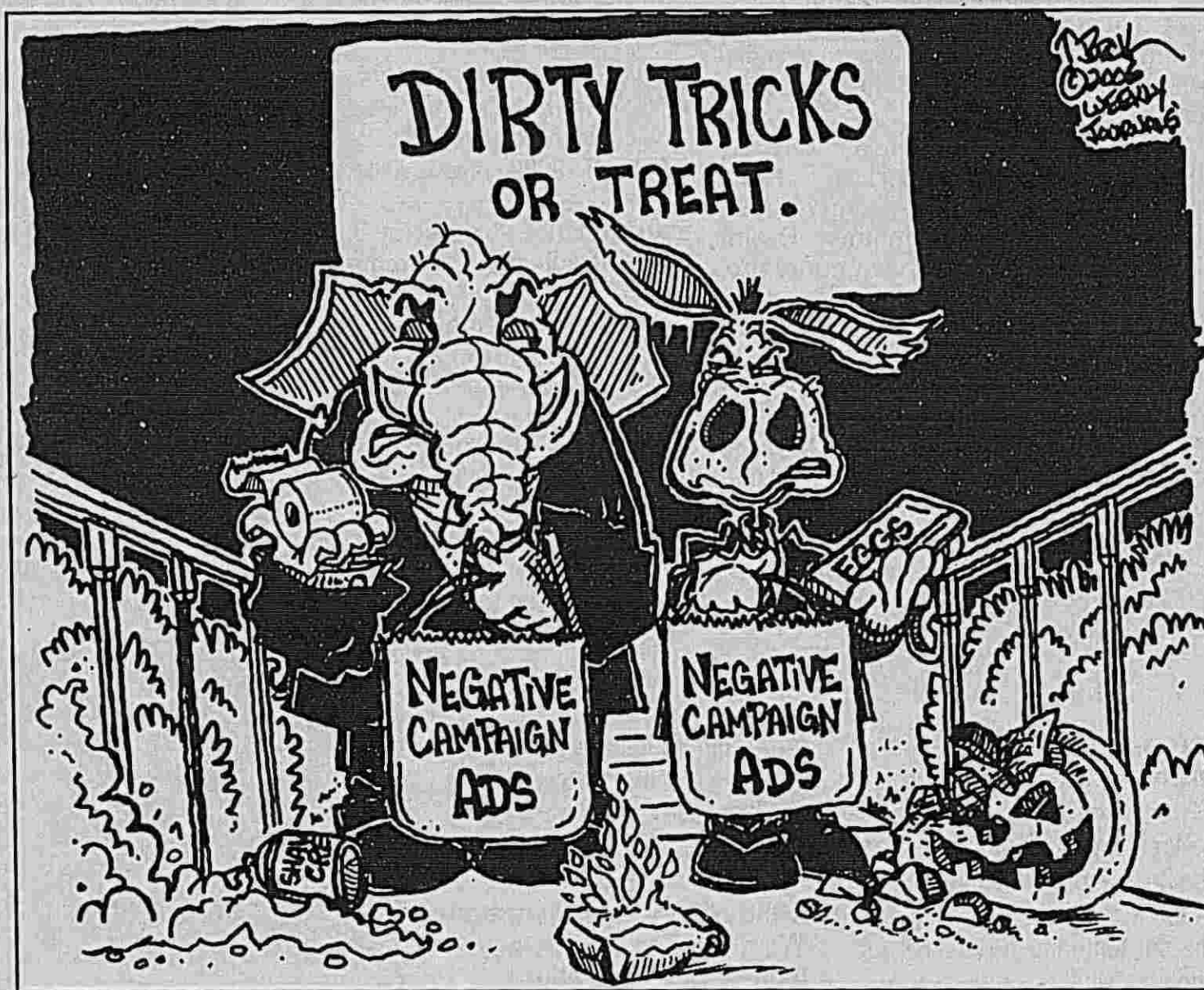
will bring containers of liquid that exceed the 3-ounce requirement. Also, the items have to be in a clear plastic, quart-sized or smaller ziplocked bag.

Some items can exceed the 3-ounce limit, such as saline solution, eye drops and prescription medicine. Also, items such as bottles of water bought inside the airport now can be taken aboard.

Figuring out what is and is not OK will not be fun for passengers or for airport security officials. At O'Hare International Airport, people already were complaining. The Associated Press reported people in line hunting for plastic baggies.

Here's a suggestion: If you are flying and you know that there are fairly tight security measures for any liquid items, put the items in checked luggage. Only bring aboard stuff that you might really need, such as prescription medicine.

And, instead of complaining and whining over a minor inconvenience, try to remember that airport security officials are only trying to do their job.



## Seeing it Through

# 'Contract with America' gimmick example of false election promises

When I was a public official, I heard voters ask, "why do politicians make promises at election time, and break those promises almost as soon as they are elected?" I would answer by saying that voters should be wary of what they hear during the election cycle, and the better thing is to learn the candidates who promise the least will deliver the most.

Also, I would say that when I voted on an issue, I would try to figure if people in my district were in my seat, hearing what I heard in debate, how would they vote on that issue. You can't always be right in everyone's mind, but it's a way of reminding yourself that you are there representing many voices.

I like the candidates who say they will work hard and do their very best to represent the people of their district and the state of Illinois. That should be promise enough.

One time, a voter said that when ordinary citizens break a written agreement, they can be sued for breach of contract. He said why not politicians who renege? An interesting concept. Unfortunately, it's not workable.

It's one thing for individual politicians to make campaign promises that they don't keep. How about when a group of them collectively make joint promises strictly for the purpose of electing themselves? It is the highest of political gimmickry or conspiracy, and it has happened more than once.

The biggest example of pulling the wool over the eyes of the voters, harken back to 1994

when a large group of Republican candidates signed a Contract with America; a gimmick pledge engineered by GOP leader Newt Gingrich. It was aimed at gaining control of the house of representatives. The pledge of broken promises worked and catapulted Gingrich to become speaker of the house. The famous, later to become infamous, Gingrich fell from grace after his failed moral character was exposed. Quite a turn of irony, considering that the Contract with America was sold on moral principles, and ending the cycle of scandal in the halls of government.

As I recall, the real centerpiece of the bold political ploy was that Republicans would replace career politicians with citizen legislators by being firm with term limits for members of Congress.

See MATIJEVICH, page A18



John S. Matijevich

## Letters to the editor

Besides traditional mailed letters, Weekly Journals accepts letters by fax and E-mail. Limit letters to 250-300 words and include your name, address and daytime phone on all letters.

- Fax: (847) 223-8810
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**WEEKLY JOURNALS**



● **Snapshot** Your thoughts on this week's hot topic

"An ordinance has been proposed to ban cooking oils that contain trans fat from Chicago area restaurants. Do you think the government has the right to regulate cooking ingredients? Why or why not?"



"Yes. There is too much fat in oils and it causes cholesterol and heart attacks."  
**Susan Gongora**  
Waukegan



"I don't have an option, I don't go to restaurants. I go home for home-cooked meals."  
**Ben Castillo**  
Waukegan



"Yes. If it's hurting people they should be able to help."  
**Sue Cash**  
Grayslake



"No. It should be each person's choice to eat it if they want."  
**Crystal Casey**  
Wildwood

● **Partylines** compiled by staff reports

# Bean asked to take stance on taxes by opponent

David McSweeney, Republican candidate for Congress in Illinois' 8th Congressional District, is calling on incumbent U.S. Rep. Melissa Bean, D-Barrington, to take a stance on the tax cuts.

Bean has yet to take a position on whether or not the tax cuts should be made permanent, McSweeney said.

U.S. Rep. Charles Rangel, D-New York, the ranking Democrat on the tax writing Ways and Means Committee, voiced his opposition to the tax cuts and would not rule out tax increases.

"Charlie Rangel of New York is in line to become the chairman of the Ways and Means Committee should the Democrats get control of Congress," McSweeney said in a statement. "He is a supporter of Melissa Bean and a supporter of tax increases and has recently proclaimed his desire to not renew the tax cuts. Not renewing the tax cuts would result in the largest tax increase in history."

"Melissa Bean has never said that she would support making the tax cuts per-

manent and now, in light of Congressman Rangel's public position, she should let the voters know where she stands on this important issue.

McSweeney added that it was his goal to make tax cuts permanent.

## Name recognition

McSweeney also announced that former New York mayor Rudy Giuliani was set to headline a fundraiser and rally for the congressional candidate on Oct. 5 in Schaumburg.

The appearance represents another in a growing list of big-name Republicans who have thrown their support behind McSweeney, including Vice President Dick Cheney and presidential advisor Karl Rove.

## Business model

Mark Curran recently announced that he would bring an independent team of law enforcement consultants to review the operations in the Lake County Sheriff's Office if he were elected

in November.

Curran is the Democratic candidate for Lake County Sheriff, running against incumbent Sheriff Gary Del Re.

Curran said the review program would support his plans to implement proven business principals and practices in the operation of the department.

Under Curran's plan, the consultants would interview employees from each division within the department and evaluate current operating procedures.

## Friend to farmers

In recognition of her support and awareness of agricultural issues in the legislative process, State Sen. Susan Garrett, D-Lake Forest, was recently named Legislator of the Year for 2005-06 by the Cook County Farm Bureau.

Representatives from the Farm Bureau met with Garrett recently to present a specially designed award.

"We are grateful for Sen. Garrett's long-standing support of agriculture-related issues, but this presentation of the Legislator of the Year Award is based on her leadership role in supporting and guiding the Equity in Eminent Domain Act, not only through the Senate but ultimately through the General Assembly," said Larry Paarlberg, chairman of the Bureau's Public Policy Team. "Not only

farmers but all property owners in the State of Illinois owe her a deep debt of gratitude."

## 'Too little, too late'

Carole Pankau, Republican nominee for comptroller, thinks that current comptroller Dan Hynes' warning about pension, bond, and health care crises occurring in three years is "too little, too late."

"He should have been speaking out about these things three years ago," Pankau said in a release. "More specifically, I fault him for not using his position to oppose the Governor's massive fund and pension grabs and new spending programs using Medicaid money."

Pankau added that Hynes agreed with the governor to not make pension payments and signed off on the governor's fund raids. She said the comptroller has statutory authority to earmark Medicaid funds coming in from the federal government and pay Medicaid bills with it.

Should she be elected, Pankau said she would use this authority on her first day in office. By paying Medicaid bills faster, the state will be able to reap more federal Medicaid dollars because of the quicker turnaround in payments, she said.



**Melissa Bean**  
8th District U.S. Rep., D-Barrington



**David McSweeney**  
8th District Republican candidate

# Scandal in Congress part of reverse effect of Contract with America

## • MATIJEVICH

Continued from A19

That, more than anything, had an almost universal appeal to the voters who were strong in their sentiments of "throw all of the bums out."

First, let me say that I never thought that the term limit issue was a responsible way of weeding out irresponsible public officials. And I saw how phony the issue was. I would see a proponent scream in a debate about the merits of term limits and then cross his fingers and hope that it not pass.

It's 2006, 12 years after the Contract with America. Yes, very few of the elected Republicans kept to their pledge of term limits. But, the majority of them who thought it was a good idea then don't think it's a hot idea now. Just think and remember how loud you heard the issue of term limits by this group of phonies. Since 1994, the issue of term limits has been wiped off the map.

Another key element of that 1994 "contract" was the pledge that Congress would live under a balanced budget just as families must and the signers prom-

ised to cut down waste, fraud and abuse. We don't hear about zero-based budgeting from them any longer and the federal deficit has gone from manageable to uncontrollable under their stewardship.

Waste, fraud and abuse - if Democrats did it during their decades of leadership, the "contract gang" has overdone it in the last 12 years and made the Democrats look like amateurs. Pork-barrel spending, wasteful contracts, and bloated bureaucracy when they promised to scale back government, has all been out of control. Scandals

have become the order of the day.

As I write this, Congressman Robert Ney, of Ohio, after months of denying any wrongdoing, is the first lawmaker to plead guilty as a part of the lobbyist Jack Abramoff scandal.

Yes, he was one of the phony do-gooders who was elected in 1994 under that "contract," or should we call it "con-game contract." The tentacles of the scandal might be one of historic proportions. So much for family values.

The Contract with America was supposed to end the pay-to-

play politics. It did the opposite; if anything, it raised the ante where lobbyists' "urge to splurge" to wine, dine, and influence members of Congress to raise the "sky's the limit" level. And now, some of the movers and shakers are "squealing," and the "takers" are paying the price.

The Contract with America might have been the biggest political hoax pulled off on voters. Although the voters cannot sue for breach of contract, they can register their own term limits gesture, by "throwing the bums out."



# ● Letters to the Editor

## Think deeper

To the Editor:

The daily barrage of mailer ads from Melissa Bean and Dave McSweeney painting each other as radical and themselves as moderates is getting ridiculous. This is big bucks marketing devised to spin us into giving them our vote without thinking deeper than the latest sound bite.

The truth is they are both corporate-backed, Bush-loving politicians. They both support the extreme pol-

icy of keeping our troops in a no-win situation at a cost of many lives and the bankrupting of our country. At the same time, both favor tax cuts that give the richest one percent huge amounts of cash and gives scraps to the rest of us. This stinking thinking keeps our country in mega-debt to China, which our children and grandchildren will be shackled into paying.

Republicans unwavering allegiance to tax entitlements for the rich forces cuts to education, veterans'

benefits, clean air, food and water, healthcare for the un-rich, all aided and abetted by Melissa Bean's voting record. She is an enabler of this corrupt administration to which Dave McSweeney is a devout follower, long-ing admittance to the inner circle.

Bill Scheurer favors tax equity. His plan stops the bleeding of our soldiers and our finances in this war of futility, brings troops home to safeguard our borders, reversing the flow of tax dollars into east military excursions that richly benefit the Dick Cheney cabal of

cowards. Scheurer's plan keeps middle class tax cuts by closing corporate loopholes and reducing the bloated pentagon budget.

George Paskalides  
Island Lake

## Off track

To the Editor:

I have lived in Mark Kirk's congressional district for 25 years. I bought a new house just down the road from my old house still in the district. I

was surprised to get a letter welcoming me to the district from Congressman Kirk's office.

But I guess the congressman and his staff did not know I lived in his district longer than he has lived in the district. In fact, Kirk has lived in the district only since he decided to run for the seat. I hope he does a better job of tracking legislation than he does of tracking his constituents.

George J. Gountanis  
Waukegan

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**Date** Monday, October 23

**Time** 7 to 9 p.m.

**Location** Posy Krehbiel Prevention & Wellness Center

**Register** (847) 535 - 6112

### Childhood Immunization Clinic

As part of the Lake County Community Health Partnership, Lake County Health Department nurses will administer immunizations on a walk-in basis the fourth Saturday of most months at LFH's Health Education Center. Please bring your child's immunization records with you. The cost is \$8 per dose, although no one will be turned away due to inability to pay.

**Date** Saturday, October 25

**Time** 9 to 11 a.m.

**Info** (847) 377- 8470

### Treat Yourself to a Massage

Massages are offered on Thursday from 10 a.m. to 3 p.m. Fee depends on length of massage (30, 60, or 90 minutes).

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## Pay attention to portion sizes

It's hard to turn down a supersize, and extra-large portion at a restaurant. You tell yourself a few extra fries here or a large soda there isn't a big deal. Or maybe it's a salad and you convince yourself it's still healthy, even if you eat a dinner-size portion at lunchtime. It won't do any harm, right?

It's important to eat small portion sizes to stay healthy and ward off obesity. But how do you even know what the right size is? To help you visualize better, here's what normal portion sizes look like, according to the American Heart Association (AHA):

1 ounce of meat: size of a matchbox  
3 ounces of meat: size of deck of cards or bar of soap  
8 ounces of meat: size of thin paperback book  
3 ounces of fish: size of check-book  
1 ounce cheese: size of four dice  
2 tablespoons peanut butter: size of ping-pong ball  
1 cup pasta: size of tennis ball  
regular bagel: size of hockey puck  
medium apple or orange: size of tennis ball  
cup of lettuce: four leaves  
1 cup chopped raw vegetables or fruit: size of baseball

### Portion size options

Sure, it may sound easy to judge portion size according to common household items, but how do you stay on track? Here are some ideas to help you control portion size, courtesy of the AHA:

**Instead of:** Scarfing down a large fast-food hamburger  
**Try:** Consuming a regular fast-food hamburger

**Instead of:** Supersize fast-food fries  
**Try:** Small fast-food fries

**Instead of:** Ordering a large soda  
**Try:** Sipping on a small soda

**Instead of:** Getting your own entree  
**Try:** Sharing one with a friend

**Instead of:** Using cream cheese on your bagel  
**Try:** A low-fat cream cheese or use half the amount you usually do

**Instead of:** Eating your entire meal at once  
**Try:** Saving the other half for lunch the next day

**Instead of:** Eating from the potato chip bag  
**Try:** Placing a few chips on a plate

## 8 oral health-care tips

Maintaining good dental hygiene goes beyond just brushing and flossing and visiting the dentist once a year. In order to keep your teeth, gums and mouth as healthy as possible, you have to develop an oral health-care routine and stick to it daily.

With the help of your dentist, you will be well on your way to keeping your teeth healthy and in optimal condition for years to come.



Adhering to a daily oral health-care routine will keep your teeth in optimal condition for years to come.

1. Understand your own oral health needs. Everyone's mouth is different. Talk to your dentist or dental hygienist about special conditions in your mouth and how your general health affects it.

2. Commit to a daily oral health routine. Based on discussions with your dentist or dental hygienist, devise an effective oral health routine that's easy to follow and specific to your situation.

3. Use fluoride. Everyone can benefit from fluoride mouth rinses or toothpastes. Fluoride strengthens developing teeth and helps prevent decay in children and adults. Toothpastes and mouthwashes are good sources of fluoride.

4. Brush and floss to remove plaque. Everyone should brush and floss at least once a day (preferably twice or after every meal) to help remove plaque, the bacteria that constantly forms on your teeth. If plaque isn't removed every day, it can combine with sugars to form acids that lead to tooth decay, gingivitis and other periodontal diseases.

5. Make other oral-care prod-

ucts part of your routine.

6. Use water-irrigation devices. These appliances spray a high-pressure water stream to dislodge food particles from teeth and gums. They benefit people with braces or other types of orthodontics who need extra help in removing food from between their teeth.

7. Examine your mouth regularly. Even if you visit your dentist regularly, you are in the best position to notice changes in your mouth. Your dentist sees you only a few times a year, but you can examine your mouth weekly for changes such as swollen gums, chipped teeth, discolored teeth or sores or lesions on your gums, cheeks or tongue.

8. Visit the dental office regularly. You and your dentist should talk about the frequency of your visits. Some people need to visit their dentist more frequently than others.



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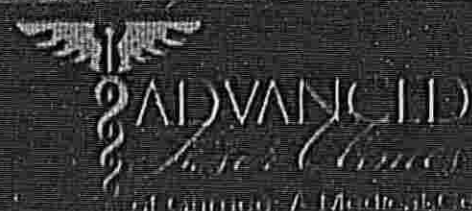
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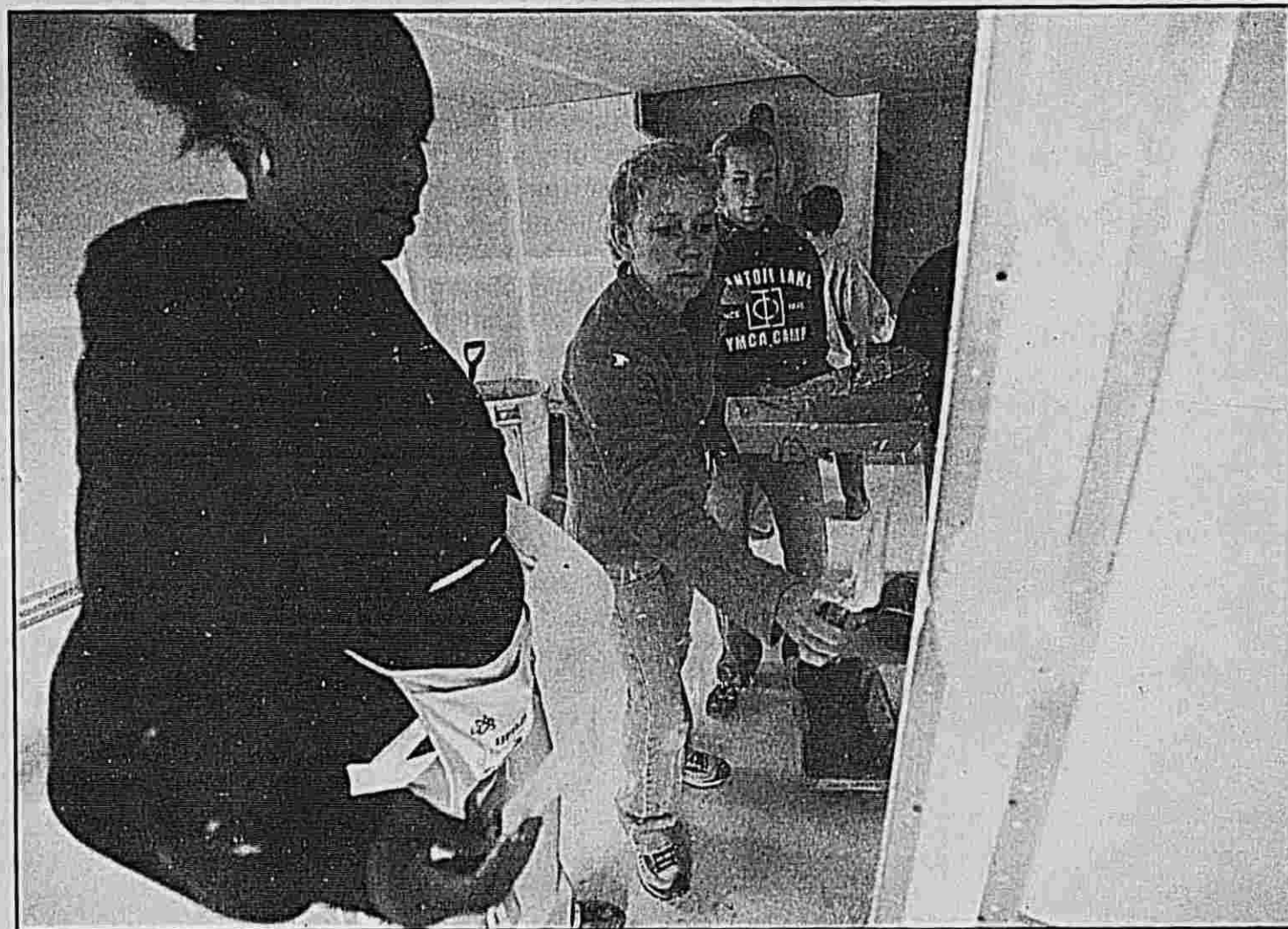
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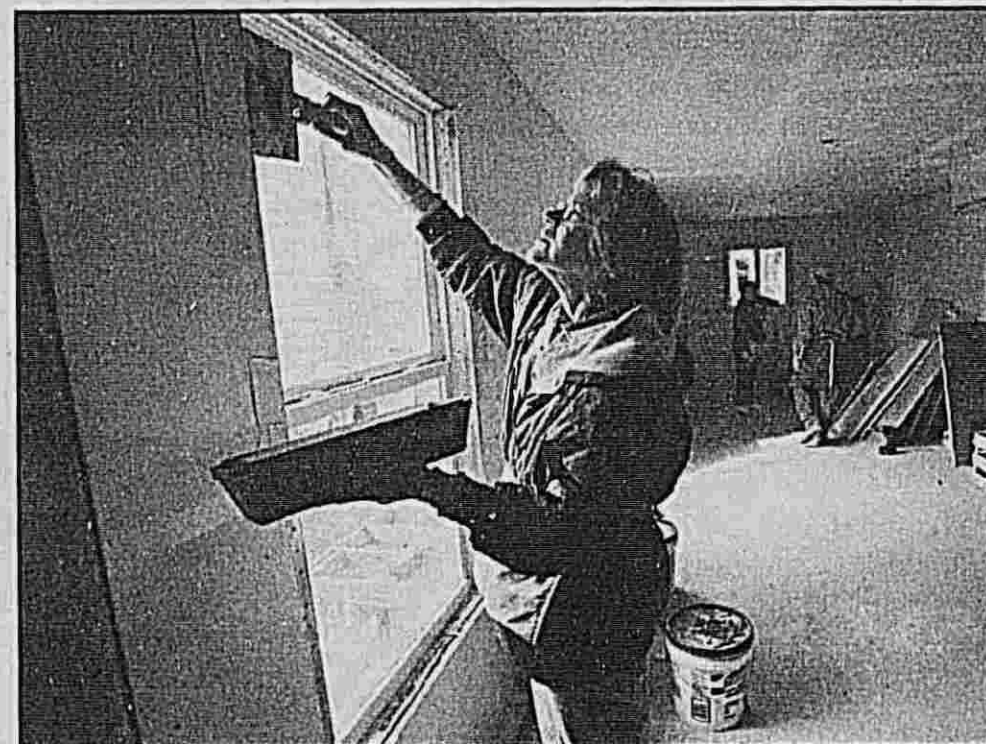


Melissa Thomas, far left, looks on as Vanessa Genger of Lake Bluff patches up some of the drywall in Thomas' new Habitat for Humanity home on Lewis Avenue in North Chicago. Coley Genger is also pictured.

Photos by Sandy Bressner - sbressner@nwnewsgroup.com



Shani Watson (left) empties a wheelbarrow full of dirt outside her new Habitat for Humanity home on Lewis Avenue in North Chicago.



Mary Jo Hunsberger of Northbrook patches up some of the drywall in a new Habitat for Humanity home on Lewis Avenue in North Chicago.

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## WAUKEGAN

# YWCA hosts annual women's health fair

Free health screenings available at expo

WAUKEGAN – The YWCA Lake County will host a Women's Health and Cancer Awareness Expo at the Belvidere Mall in Waukegan, from 10 a.m. to 2 p.m. on Saturday, Oct. 21.

The theme of the expo is "Knowledge is Power – Early Detection is the Best Protection." With survival rates for breast cancer as high as 90 percent when found at an early stage, education can make a difference.

"Women tend to put their own health as a low priority," said Elizabeth Forbrich, Executive Director of YWCA Lake County. "We need to help raise awareness by offering opportunities that focus on health and prevention."

The expo will feature community agencies and a number of free health screenings: blood

pressure testing, registration for free mammograms, bone density screenings, blood sugar screenings, colon cancer screening kits and body mass index testing. Also planned are mini-massages, facials, face painting for the children, raffles and games.

Free information will be available on all of the YWCA health programs including breast and cervical cancer and free or low cost exams for low income and medically underserved women. Free information on cancer, nutrition, osteoporosis and much more will be available.

For more information about the Health Fair, contact Carmen Diaz at the YWCA Lake County at (847) 662-4247, ext. 117 or visit the Web site [www.ywcalake-county.org](http://www.ywcalake-county.org) or [www.ywcalake-county.org/espanol](http://www.ywcalake-county.org/espanol).



# JENNIE DOWELL

Born: March 13, 1911

Died: Sept. 30, 2006

Died at Valley Hi Nursing Home in Woodstock

WOODSTOCK - Jennie Dowell, age 95 of Woodstock, formerly of Wauconda, died Saturday, Sept. 30, 2006, at Valley Hi Nursing Home in Woodstock. She was born March 13, 1911, in Volo to Bert and Lucelia (Vasey) Dowell.

Survivors include a sister, Marion Mugerditchian and many nieces and nephews. She was preceded in death by her parents, two sisters and two brothers.

Visitation was Oct. 2, from noon until the time of service at 1 p.m. at Colonial Funeral Home in McHenry, with Rev. Roger Schneider officiating. Burial was in Woodland Cemetery.

# DOROTHY BARDO

Born: Oct. 22, 1917

Died: Sept. 30, 2006

Was a member of St. Joseph Catholic Church in Round Lake

HIGHLAND PARK - Dorothy Bardo, age 88, a resident of Highland Park passed away Saturday, Sept. 30, 2006, at the Winchester House in

Libertyville. She was born in Chicago, to the late Leo and Alvina Ehlert. She was a member of the St. Joseph Catholic Church in Round Lake.

Dorothy is survived by her sons Tom (Jacki) Reuss of Wildwood and Don Reuss of Gurnee, and her grandchildren. She was preceded in death by her husband Richard Bardo; her parents, her daughter, Laverne, a sister, and two brothers, Bob and Buddy.

Friends of the family visited on Oct. 4, from 6 to 7 p.m. at Strang Funeral Chapel & Crematorium in Grayslake. A memorial service was held the Oct. 4 at 7 p.m.

# BETTY J. GILBERT

Born: Jan. 10, 1925

Died: Sept. 29, 2006

Was a member of the Red Hat Society

LIBERTYVILLE - Betty J. Gilbert, age 81, of Libertyville, formerly of Antioch, passed away Friday, Sept. 29, 2006 at Condell Medical Center in Libertyville. She was born in Chicago, the daughter of the late John and Linnea (Nelsson) Seaberg. Before her retirement Betty had worked for Frostee Foam, Burgess Company and the Advertiser for many years. On May 20, 1950, she

married Whitney "Tex" Gilbert Jr. in Chicago, and he preceded her in death on Jan. 12, 1989.

Survivors include her son John (Sharon) Gilbert of Beach Park; two grandchildren; cousins: Carol (Harold) Lawrence of Carpentersville, Ann Bender of Camp Lake, Wis., and Robert (Maria) Seaberg Jr. of Joliet; and many other relatives and friends. In addition to her husband and parents she was preceded in death by her daughter Linnea, her son, Frank, and her brother Robert Seaberg.

The funeral was held at 10 a.m., on Oct. 4, at the Strang Funeral Home of Antioch. Interment followed in Hillside Cemetery in Antioch. Visitation was held from 4 to 8 p.m., Oct. 3, at the funeral home

# MICHAEL W. CALDWELL

Born: Feb. 13, 1956

Died: Sept. 20, 2006

Enjoyed motorcycling on his Harley Davidson

ROUND LAKE BEACH - Michael W. Caldwell, age 50, of Round Lake Beach, passed away Wednesday, Sept. 20, 2006, at his home. He was born Feb. 13, 1956 in Ypsilanti, Mich. to Warren and Iris Caldwell. On March 13, 1980, he married Lora Ann

Barnett in Waukegan. Formerly of Wauconda, Michael moved to Round Lake in 1979. He was employed as a maintenance engineer for School District Unit 116 for 27 years. He was also owner and operator of Big Red & Sons, a snow plowing and snow removal service. He enjoyed motorcycling on his Harley Davidson, was a big fan of the Detroit Lions, Pistons and Tigers, and loved his Michigan Wolverines.

Survivors include his wife of 27 years, Lora Ann; three children, Thomas (Christina) Schultz of Wonder Lake, Jeffrey (Heather) Caldwell of Lake Villa, Terra Caldwell of Round Lake; five grandchildren, Kati, Jonathan, Blake, Lindsey, and Karissa; two sisters, Maryann (George) Bourland of Jackson, Tenn., and Karen (Keith) Risi of Millidgeville, Ga.; and many nieces and nephews. He was preceded in death by his parents.

Visitation was held from 4 to 8 p.m., on Sept. 22, at Justen's Round Lake Funeral Home in Round Lake. The funeral was held at 8 p.m., on Sept. 22 at the funeral home with the Rev. Lisle Kauffman officiating. Memorials to the family would be appreciated. Friends may send an online condolence at [www.justenfhome.com](http://www.justenfhome.com).

# GILBERT J. PESAVENTO SR.

Born: Dec. 1, 1918

Died: Sept. 29, 2006

Served in the U.S. Army 23rd Cavalry Division during WWII



LINDENHURST - Gilbert J. Pesavento Sr., age 87, of Lindenhurst, died Friday, Sept. 29, 2006, at the Condell Medical Center in Libertyville. He was born, the son of the late Elizabeth and Dominic. He was a WWII veteran, serving in the U.S. Army 23rd Cavalry Division. He retired after 26 years of service with the Social Security Department. On Oct. 26, 1941, he married his wife, Philomene.

He is survived by his wife of 64 years, Philomene; his children, Gilbert J. (Constance) of Connecticut and Karen (Douglas) Shouse of Lake Villa; his grandchildren; and great-grandchildren. He was preceded in death by his brother.

The funeral was at 9:30 a.m. Oct. 3 from Ringa Funeral Home in Lake Villa, then to Prince of Peace Church for the 10 a.m., Funeral Mass. Interment was private at St. Joseph

See OBITUARIES, page A24

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# OBITUARIES, continued from page A23

Cemetery on River Grove. Visitation was at the funeral home on Oct. 2 from 4 to 8 p.m.

## JUNE MARIE STUPARITS

Born: May 31, 1942

Died: Oct. 1, 2006

*Enjoyed painting, crocheting and camping*

BRISTOL, WIS. — June Marie Stuparits, age 64 of Bristol, Wis., formerly of Antioch, died Sunday, Oct. 1, 2006, at Hospitality Manor, in Kenosha, Wis. She was born in Chicago, the daughter of the late Earl and Mildred (Galloway) Anderson. She moved to Antioch in the 1960s and was a 36 year member of the Women of the Moose Chapter 735 where she held all the degrees including the College of Regents and Star Recorder.

Survivors include her children, Earl (Kerry) Ballenger of Benbrook, Texas, Janet (Ed) Macek of Antioch, Wayne Ballenger of Atmore, Ala. and Kathleen (John) Frayer of Lake Villa; her 12 grandchildren, and her first husband, James Ballenger of Hope Hull, Ala. In addition to her parents, she was preceded in death by her stepfather, Robert Burkhardt and her husbands, Carl Gulbrandsen and William Stuparits.

The funeral was held at 7 p.m., Oct. 5, at the Strang Funeral Home Of Antioch, with visitation starting at 4 p.m. and Women of the Moose services at 6:45 p.m. Private interment was held in Woodlawn Cemetery in Forest Park.

## ROBERT 'BOB' PETYKOWSKI

Born: June 23, 1938

Died: Oct. 1, 2006

*Worked as a union drywall tapper*

ANTIOCH — Robert "Bob" Petykowski, age 68 of Antioch, passed away Sunday, Oct. 1, 2006, at Maplewood Care Center in Elgin. He was born in Chicago, the son of the late John and Mary (Budzynski) Petykowski. Bob was a person that his family loved and will be missed. On Aug. 16, 1957, he married Judy Owens in Hernando, Miss.

Survivors include his wife of 49 years, Judy; his children, Renee (Jeff) Rossman of Big Lake, Minn., Frank (Cheryl) Petykowski of Otsego, Minn., Sandra (Rick) Schlarbaum of Hockessin, Del. and Jason Petykowski of Richmond; seven grandchildren; two step-grandchildren; five step-great-grandchildren,

and two brothers, Ronald (Lois) Petykowski, of Antioch, and Joseph (Barbara) Petykowski, of Palatine. In addition to his parents, he was preceded in death by an infant son, Peter in 1967, his daughter, Jennifer, in 1990, and a sister.

The funeral with Mass of Christian Burial was held at 10 a.m., Oct. 5, at St. Peter Church in Antioch. Interment was private. Visitation was held from 4 to 8 p.m., Oct. 4. Those desiring may make contributions to the charity of your choice in his memory.

## RUTH HELEN ERNST

Died: Sept. 28, 2006

*She was a loving mother, grandmother and great-grandmother*

Ruth Helen Ernst, age 73, passed away September 28, 2006. She was the loving mother of five children Timothy (Leah) Brown, Michael Brown, Susan (David) Pressnall, Ronnie (Melita) Brown, and Denise Fog, beloved grandmother of eight grandchildren, Shannon, Jason (Amy), and Patricia Fog, Ashley and Matthew Brown, Meron "M.J." Brown, and Christopher and Christian "Shane" Pressnall, and a great-grandmother to Kya Ann Fog.

Friends of the family visited on Monday, Oct. 2, 2006, from 5 to 9 p.m. at Strang Funeral Chapel & Crematorium in Grayslake. The funeral was held on Oct. 3, at 11 a.m., at the Village Church of Gurnee in Gurnee. In lieu of flowers donations may be made to the St. Jude Children's Hospital, 4618 N. Ravenswood, Ste 302, Chicago, IL 60640.

## VIRGINIA A. SHEAHAN

Born: July 30, 1925

Died: Sept. 21, 2006

*Was instrumental in developing the Thrift Shop at Lambs Farm*

LIBERTYVILLE — Virginia A. Sheahan, age 81, of Libertyville, died Thursday, Sept. 21, 2006, at Condell Medical Center in Libertyville. She was an active volunteer throughout her life and a former women's board president of the Lambs Farm.

She was the beloved wife of 59 years to James; devoted mother of Timothy Sheahan of Libertyville, Nancy (Bob) Goerne of Edina, Minn., and Barbara (Mark) Klesman of Orland Park; and grandchildren.

Visitation will be held at 1:30 p.m. on Saturday, Oct. 7, followed by a 3 p.m. memorial service at the Burnett-Dane funeral Home, 120 W. Park Ave., Libertyville. Reception following the service will be at Lambs

Farm Country Inn, 14245 W. Rockland Rd., in Libertyville. Interment will be private at Queen of Heaven Cemetery in Hillside.

## ALLEN J. RIOUX

Born: July 5, 1942

Died: Sept. 23, 2006

*Was a veteran of the U.S. Air Force*



BEACH PARK — Allen J. Rioux, age 64, of Beach Park, died on Sept. 23, 2006, in LaSalle County. He was a veteran having served with the U.S. Air Force and he volunteered his time with Wounded Heroes. Also was involved with CMA (Christian Motorcycle Association).

Survivors include his wife of 19 years, Pam; children, Laura E. (Joey) Gilliam of Elgin, Kathleen E. Mogler of Cost Rica, Trina E. (William) Stolz of Elgin, Timothy J. (Patricia) Rioux of Zion, Steve Rioux of Antioch, David (Donna) Rioux of LaGrange, Ky., and Jenny M. Rioux of Beach Park; 17 grandchildren; one sister and many other relatives and friends. He was preceded in death by his parents, Ira and Marie Chenoweth.

Visitation was held on Oct. 3 from 4 to 9 p.m. at the Congdon Funeral Home in Zion. The funeral was held on Oct. 3 at 7 p.m. at the Congdon Funeral Home with Tony Rosenthal of Christian Motorcycle Association officiating. Interment was Oct. 5 at Flintville Cemetery in Flintville, Tenn. Memorial donations to either Wounded Heroes Foundation Inc., Two Prudential Plaza, 180 N. Stetson Ave., Suite 4525, Chicago, IL 60601, or CMA, P.O. Box 9, Hatfield, AR 71945 have been suggested.

## BEVERLY 'BEV' SHAW

Born: Sept. 28, 1921

Died: Sept. 29, 2006

*He was chairman of the first Gurnee Days Parade*



GURNEE — Beverly "Bev" Shaw, age 85 of Gurnee and Park City area all of his life, died Friday, Sept. 29, 2006. He was born in Waukegan to Emery and Sarah (nee Adams) Shaw. He was a veteran of WWII, having served with the U.S. Army Air Force in the South Pacific. He served many years as Santa Claus for special children, churches and organizations.

Survivors include his wife,

Clarice; three sons, Gregg, Spencer, and Dennis; four stepchildren, Lorene Miller, Corky Browder, Cynthia Bandjough and Diane Temby; as well as many grandchildren and nieces and nephews. He was preceded in death by three sisters and one brother.

Friends called at the Salata-Gurnee Funeral Home in Gurnee on Oct. 4 from 6 to 7 p.m. Memorial services followed at 7 p.m. with Rev. Joseph Wilcox officiating. Interment followed on Oct. 5 with Military Honors at North Shore Garden of Memories. In lieu of flowers memorials may be made to Gurnee Community Church.

## CARRIE ANN SEGER

Born: Nov. 10, 1971

Died: Sept. 30, 2006

*Fought a courageous battle with Spina Bifida*

BEACH PARK — Carrie Ann Seger, age 34 of Beach Park, died on Saturday, Sept. 30, 2006, at Vista East Medical Center in Waukegan after a courageous battle with Spina Bifida and numerous medical conditions. She enriched many lives with her endless talent for crafts.

Carrie was the daughter of Sandra Seger and Robert Theis; her maternal grandmother, Mildred Burba of Salem, Wis.; fiancé, Michael Dornik of Libertyville; brothers and sisters; many other special relatives and friends. She was preceded in death by her maternal grandfathers, Casey Seger and Jerry Burba; paternal grandmother, Lee Stough.

Friends called at the Salata-Gurnee Funeral Home in Gurnee from 5 to 8 p.m. on Oct. 3. The funeral was held at the funeral home on Oct. 4 at 11 a.m. and interment followed at Millburn Cemetery in Millburn. In lieu of flowers donations may be made to the family.

## CHESTER ARTHUR SWOPES SR.

Born: May 30, 1930

Died: Sept. 27, 2006

*Served as 5th Ward Alderman of North Chicago*

NORTH CHICAGO — Chester Arthur Swopes Sr., age 76 of North Chicago, died Thursday, Sept. 27, 2006. He was born in Pea Ridge, Ark. to Ernest and Annie Belle Swopes. He served as 5th Ward Alderman in North Chicago for 15 years. In June 1992, he married Mary Williams in Gainesville, Fla.

He is survived by his wife, Mary; eight children, Leotis "Joe" (Polly) of South Holland, Louise (Willie) Harris

of West Memphis, Ark., Alice Swopes-Sherrod of Gurnee, Ernest of North Chicago, Carl of Las Cruces, N.M. Diane (Mark) Washington of Los Angeles, Calif., Bruce of Rockford, Aaron of North Chicago; and seven siblings; 24 grandchildren; 12 great-grandchildren; two godchildren and many other relatives and friends. He was preceded in death by his parents, Ernest and Annie Belle Swopes; and a son, Chester A. Swopes Jr.

The funeral was held on Oct. 6 at 11 a.m. at the Christian Valley Missionary Baptist Church, 2690 Argonne Dr., North Chicago, with Pastor Henry Woods Sr., officiating. Interment was at North Shore Garden of Memories Cemetery in North Chicago. Visitation was at the church on Friday, Oct. 6 from 10 a.m. until the time of service. A visitation was held at the church on Oct. 5 from 5 to 8 p.m. In lieu of flowers, please make donations to the Chester A. Swopes Scholarship Fund at First Midwest Bank, 1011 14th St., North Chicago, IL 60064.

Arrangements were handled by The Bradshaw & Range Funeral Home, in Waukegan.

## ADOLPH ANTHONY

'TONY'

AUZIS

Died: Sept. 25, 2006

*Was an Army Ranger Tech Sergeant in the Pacific Theatre*



WAUKEGAN — Adolph Anthony "Tony" Auzis, age 90, of Waukegan, died Monday, Sept. 25, 2006 at Winchester House in Libertyville. He was an Army Ranger Tech Sergeant and served in the Pacific Theatre and was awarded a Silver Star, two Purple Hearts, and a Combat Infantryman Badge for exemplary conduct in battle, along with many other awards. He was mentioned in a book called "Battle for Saipan" for his heroism.

Adolph is survived by his beloved daughter, Kaino (Joseph) Videlka; a grandson; sister-in-law; a dear friend Berniece Colony and many other relatives and friends. He is preceded in death by his wife, Aileen Auzis, and two sisters.

Visitation was held from 10 a.m., Sept 29, until the time of services at noon at Marsh Funeral Home in Waukegan. In lieu of flowers, donations to The American Cancer Society, 100 Tri-State International, Lincolnshire, IL 60069.



**PATRICIA ANN  
(MUSE) ROBERTS**

Born: Oct. 16, 1934  
Died: Sept. 22, 2006  
Retired from Abbott Laboratories in 1996

NORTH PORT, FLA. — Patricia Ann (Muse) Roberts, age 71 of North Port, Fla., formerly of Waukegan, died Friday, Sept. 22, 2006, at Peace River Regional Medical Center in Port Charlotte, Fla. She was born in Waukegan to Anna Elizabeth (Shoreman) and Charles Robert Tilley. She retired from Abbott Laboratories

in 1996 and moved to North Port, Fla., where she enjoyed the mild climate.

She is survived by her daughter, Jan (Rick) Crider of Winthrop Harbor; sons, Charles Muse of North Port, Fla. and Tim (Cheri) Muse of Metropolis; grandchildren; great-granddaughters; sisters; brother and many other relatives and dear friends. She was preceded in death by her parents, Anna and Charles Tilley and two sisters.

Visitation was held on Sept. 28 with a service at Kenosha Bible Church in Kenosha, Wis. Private interment was held at Mt. Olivet Cemetery in Zion.

**MICHAEL J. GALAYDA**

Born: Sept. 29, 1981  
Died: Sept. 18, 2006  
Enjoyed video games, Star Wars, movies and classic cars

ZION — Michael J. Galayda, age 24 of Zion, died peacefully on Monday, Sept. 18, 2006, at Northwestern Memorial Hospital in Chicago, after battling Ewing's Sarcoma for 15 months. He received a degree in Criminal Justice and English from the College of Lake County.

He is survived by his father and mother, Michael and Patricia

Galayda of Zion; sister, JoAnna Galayda of Zion; grandfather, Michael Galayda of West Frankfort; grandmother, Jeanne Baumflek of Muskegon, Mich.; and numerous aunts, uncles and cousins. He was preceded in death by grandparents, Stella and Walter Szychulda.

Memorial service was held on Sept. 29 at the Congdon Funeral Home in Zion. Interment was private.

**GENEVIEVE 'JEAN' MIKS**

Born: Aug. 6, 1915  
Died: Sept. 26, 2006

Worked at Abbott Laboratories for 20 years

WAUKEGAN — Genevieve "Jean" Miks, age 91 of Waukegan, died on Sept. 26, 2006, at Rolling Hills Manor in Zion. She was born to Anton and Anna (nee Daluga) Zens in Waukegan.

She is survived by her husband, Joseph; her children, JoAnne (Douglas) Pekkarinen of Waukegan, Joseph (Polly) Miks Jr. of Indian Head Park and Evelyn J. Miks of Chicago; grandchildren; and great-grandchildren.

Interment was at Ascension Cemetery in Libertyville.

To submit an obituary, please call Nancy Thielsen at (847) 223-8161, ext. 143 or e-mail [wjobs@weeklyjournals.com](mailto:wjobs@weeklyjournals.com). Obituaries must be received by noon on Tuesday.

● **Recent Deaths**

**WAYNE A. CHAMBLIN**, 90 of Grayslake, Sept. 22, 2006. Arr: Strang Funeral Chapel and Crematorium in Grayslake

**HELEN B. CAPPELLO**, 71 of Waukegan, Sept. 22, 2006. Arr: Strang Funeral Chapel and Crematorium in Grayslake

**RUTH E. PODHOLA**, 78 of Round Lake Heights, Sept. 23, 2006. Arr: Strang Funeral Chapel and Crematorium in Grayslake

**ELEANOR MADIGAN**, 89 of Round Lake, Sept. 21, 2006. Arr: Strang Funeral Chapel and Crematorium in Grayslake

**MARIE WOOD**, 60 of Grayslake, Sept. 22, 2006. Arr: Burnet-Dane Funeral Home in Libertyville

**LIEUBO NGUYEN**, 72 of Libertyville, Sept. 21, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

**JANE GRAY MATSON**, 72 of Port St. Lucie, Fla., Sept. 15, 2006. Arr: Young Seawinds Funeral Home & Crematory in Ft. Pierce, Fla.

**LOUIS G. GUZZO SR.**, 85 of Manhattan, Kan., Sept. 21, 2006. Arr: Yorgensen-Meloan-Londeen Funeral Home in Manhattan, Kan.

**VIOLET LOJDL (nee FANELLO)**, 67 of Ingleside, Sept. 21, 2006. Arr: K. K. Hamsher Funeral Home in Fox Lake (The Chapel on the Lake).

**REV. HARRY A. BARTLETT**, 71 of Round Lake, Sept. 18, 2006. Arr: Ahlgrim Family Funeral Home in Lake Zurich

**MARGARET ANN FEAZELL WYATT**, 76 of Lincoln, Ala., formerly of Fox Lake, Sept. 20, 2006. Arr: Usrey Funeral Chapel in Talladega, Ala.

**RICHARD W. 'DICK' GEHRIG**, 76 of Camdenton,

Mo., Sept. 14, 2006. Donated body to Science Dept. of the University of Missouri, Columbia, Mo.

**BETTY MAE PAGE**, 80 of Mundelein, Sept. 20, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

**HOWARD A. WELLS**, 90 of Antioch, Sept. 23, 2006. Arr: Strang Funeral Home of Antioch

**LLOYD DALE MILLS**, 58 of Island Lake, Sept. 24, 2006. Arr: Ahlgrim Family Funeral Home in Lake Zurich

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# Green architecture looks to grow, educate others in years to come

## • FOREST PRESERVE

Continued from A15

To earn certification, a project must meet certain prerequisites and performance benchmarks within each category. Projects receive silver, gold or platinum certification.

Bill Sturm, co-founder of Northbrook-based Serena Sturm Architects, said LEED certification has lent legitimacy to green architecture by setting such standards. The scorecard and ranked certifications, he said, also foster a sense of competition that makes for better building.

Sturm worked in conjunction with the preserve's in-house architect to design the center. Since 1983, his firm has designed other structures, from Indiana to Wisconsin, that exemplify green architecture. Sturm said his firm strives to save 30 percent in energy uses in most green architecture projects, but hopes to cut 40 to 50 percent from the center's bill.

Sustainable building has not caught on as Sturm expected at first.

"I would have imagined consistent growth [in interest] over the decades," he said. Instead, Sturm said he has witnessed a curve in popularity that has grown steeper with time.

Sturm explained that energy efficiency drove development in sustainable architecture years ago as a "product of oil embargo concerns."

"What happened, it seems, is we have tended as a society not to respond as immediately as I thought we needed to, to those stresses," Sturm said. "In fact, we forgot about some of those oil embargo problems. [But] in the last five to seven years, a lot of those effects have come back to roost. The problems we have in



Chris Padgett - cpadgett@nwnewsgroup.com

**Nan Buckardt, an environmental education manager for the Lake County Forest Preserve, holds up a piece of wheatboard, used in much of the welcome center at Ryerson Woods as a substitute for wood.**

Middle East seem to underscore concerns toward energy usage."

Last year, the state of Washington enacted green building legislation. Sturm cited the northwest region of the United States as the nation's most progressive when it comes to green architecture.

"The state of Illinois is probably one of the laggards," he said. "[I] hope as things go forward that they are a little more visionary."

Adam Gervasio, of Lincolnshire, attended the event Oct. 1. Gervasio, 17, designed a rain garden in front of the center as an Eagle Scout project.

Gervasio attends Stevenson High School and plans to study environmental science or engineering at the University of Illinois at Chicago.

He cited "learning about the ecosystem and hydraulics," as well as the wider impact of his project upon the preserve site, as the most valuable and interesting things that he derived from his experience.

Buckardt said she hopes visitors to the 5,200-square-foot building will educate

## What's special?

The Ryerson Woods Welcome Center incorporates various energy-saving technologies and resource-savvy design strategies, which include those listed below.

- **A roof made from recycled materials** will last 50 years, versus the 15-to-20-year life span of a typical shingled roof.
- **Drip chains** allocate rainwater collected from the roof to rain gardens on site. Rainwater also enters cisterns, which hold fluid until it is needed in the event of a fire.
- **Porous asphalt** forms the floor to the center's parking lot. Below the surface, granular fill - a combination of limestone and river rocks filters the water. Normally, water exits the lot as run-off and into water bodies without the filtration benefits of the rocks and microbes in the soil that diminish the quantity of petrochemicals and other substances that can accumulate on surfaces of parking lots. Because water sinks and does not sit, liquid does not settle into cracks and cause damage from the freeze-thaw cycle, thus extending the life of the lot.
- **Automatic pilot:** Programmable thermostats, automatic toilets, motion detectors used for lighting.
- **Wheatboard** serves as the material of choice for shelving, surfaces, and walls throughout the center. The material comes from refuse stalks leftover from wheat harvests, which turn yearly.
- **Recycled materials** comprise bathroom tiles, concrete flooring, entry mats, and carpeting. Carpet also is installed in squares, making it more affordably and easily replaceable.
- **Exposed insulation** jives with the surrounding environment's aesthetic - also key in green architecture - and saves costs and materials because of lack of drywall and reduction in energy costs from the minimization of leaks.
- It will take eight years to make back the preserve's investment into the center's **geothermal exchange system**, in which tubes containing 55-degree antifreeze liquid run under the building and thereby set a permanent starting point from which the center's heating and cooling system does its work, whether the outdoor temperature is, respectively, 90 or 30 degrees.
- For more details, check out [www.ryersonwoods.com](http://www.ryersonwoods.com) or visit the Welcome Center, 21950 N. Riverwoods Road, Deerfield, between 9 a.m. and 5 p.m., Monday through Saturday, and 11 a.m. to 4 p.m. on Sundays.

Sources: Nan Buckardt, environmental education manager for the Lake County Forest Preserve and Bill Sturm, co-founder of Northbrook-based Serena Sturm Architects

people about energy-saving technologies and resource-conscious design. The building's size - comparable to some businesses and homes - means that people might see the technologies as more applicable to their lives, she added.

Sturm cited the chance to teach the

public about sustainable architecture as one of project's pulls.

"We have, as a firm, been working on energy efficient buildings for over two decades," Sturm said. "[This presented] a neat opportunity to ... educate visitors about green building."

## GRAYSLAKE

# Lake County Journals welcomes sales director

J. Thomas "Tom" Shaw has been named Lake County sales director for the NorthWest News Group.

Shaw, who will have his office in Grayslake, will be responsible for sales efforts of all NWNG products to local retail advertisers in Lake County. Those products include the 10 Lake County Journals, the Market Journal and Great Lakes Bulletin.

Shaw, 32, has eight years of media sales experience in radio, TV, online and print. His background includes Spanish media, cluster sales and building new business. Recently married, he

moved back to Illinois after living in Colorado for the past 14 years.

"I can't wait to work with the sales team here and work with the Lake County business community," Shaw said. "The NorthWest NewsGroup is an exciting, forward looking company, and this is a thrilling time in our industry to witness the changes."

Shaw holds a bachelor's degree in journalism from Colorado State University and a master's degree in marketing from the University of Colorado at Denver.

## MUNDELEIN

# Four Carmel seniors named National Merit semifinalists

MUNDELEIN - Officials of National Merit Scholarship Corporation announced recently the names of 16,000 semifinalists in the 52nd Annual National Merit Scholarship Program.

At Carmel Catholic High School, four seniors were selected as semifinalists in the 2007 Merit Scholarship program. They are Alanna Byrne, Daniel Fairfield, Robert Irelan and Kimberly Jones.

The nationwide pool of semifinalists, which represents less than one percent of U.S. high school seniors, includes the

highest scoring entrants in each state.

"National Merit recognition offers a salute to high-scoring students for their academic prowess, but also offers a challenge to them to apply their talent to improving the world we live in," Carmel Principal Rev. Robert C. Carroll said.

The Carmel students will have an opportunity to continue in the competition for some 8,200 Merit Scholarship awards, worth more than \$33 million, which will be offered next spring. To be considered for a Merit Scholarship award, semi-

finalists must advance to the finalist level of the competition by fulfilling several requirements.

There will be 15,000 semifinalists who will advance to the finalist level and it is from this group that all Merit Scholarship winners will be chosen.

The 2007 Merit Scholarship winners will be announced beginning in April and concluding in July 2007. These scholarship recipients will join more than 242,000 other distinguished young people who have earned the Merit Scholar title.



## ANTIOCH

- **Octoberfest.** Noon-7 p.m., Sunday, Oct. 8. William E. Brook Entertainment Center, 900 Skidmore Dr. Food, beer, music and games. For more information, call (847) 395-2233.
- **Lakes Area Community Band concert.** 7:30 p.m., Monday, Oct. 9. Antioch Community High School auditorium, 1133 Main St. Free admission and complimentary refreshments. For more information, call Robin at (847) 767-7878 or visit [www.lacb.org](http://www.lacb.org).
- **Family Fest.** Noon-4 p.m., Sunday, Oct. 15. Williams Park, 741 Main St. Hosted by the Antioch Township Republican Club. Free food, entertainment and a chance to meet Republican candidates. For more information, call Brent Bluthardt at (847) 838-0212.
- **Village of Antioch Planning and Zoning Board meeting.** 7:30 p.m., second Thursdays. Municipal Building, 874 Main St. Call (847) 395-1000 to confirm.
- **Grass Lake District 36 School Board meeting.** 7 p.m., second Tuesdays.
- **American Business Women's Association meeting.** 8 a.m., second Wednesdays. Keller Williams Realty on Rt. 83 (south of Rt. 173). Call Nancy at (847) 838-6500 for information.
- **Bingo.** 12:45 p.m., Mondays. The Senior Center. Call (847) 395-0139 for details.
- **Bingo.** 6:45 p.m., Tuesdays. Antioch VFW. Doors open at 4:30 p.m. Call (847) 395-5393 for more information.
- **Pinocle.** 12:30 p.m., Thursdays and Fridays. The Senior Center. Call (847) 395-0139 for details.
- **A Safe Place support group meeting.** Mondays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to [asafeplaceforhelp.org](http://asafeplaceforhelp.org) for more information.
- **CPR classes.** 6 p.m., second and fourth Wednesdays. Squad Building, 835 Holbek Dr., sponsored by Antioch Rescue Squad. \$5 fee. Call (847) 395-5511 to learn more.
- **Take Off Pounds Sensibly meeting.** 6:30 p.m., Wednesdays, weigh-in, 7 p.m. meeting. The Senior Center, 817 Holbek Dr. Call Dorothy Stark at (847) 395-7407 or Betty Muller at (847) 838-3907 for more information.
- **AFFTER (Advocates for Fibromyalgia Funding, Treatment Education and Research) support group meeting.** 10 a.m.-noon, first Saturdays. Antioch's Community Building, 884 Main St. Call (847) 362-

7807 or go to [www.AFFTER.org](http://www.AFFTER.org) for more information.

- **Kiwanis Club of Antioch meeting.** Noon, Tuesdays. Bacchus Restaurant. The public is welcome to join and share experience, knowledge and service project ideas. Call Melissa at (847) 489-8044 or e-mail at [mjrigoni@hotmail.com](mailto:mjrigoni@hotmail.com) for more information.
- **Antioch Women's Club meeting.** 1 p.m., second Wednesdays. Call Maureen Fremgen at (847) 395-5968 to learn more.
- **AARP Chapter 387 (for adults 55+) meeting.** 1 p.m., second and fourth Tuesdays. The Senior Center, 817 Holbek Dr. Call Sharon Nowak at (847) 395-5068 to learn more.
- **The Meeting House Museum.** 11 a.m.-3 p.m., first Saturdays. See original photos of Antioch and a veterans' exhibit of photos and memorabilia from the Civil War through the Gulf War.
- **Lakes Area Community Band rehearsal.** 7-9 p.m., Mondays. Antioch Community High School band room. Area musicians high school age and older are welcome to join. No auditions. Call Debbie Davis at (847) 395-0272 to learn more.
- **Open gym.** 7-9 p.m., Sundays. Antioch Community High School. \$2. Adults only.

## CRYSTAL LAKE

- **Crystal Lake Toastmasters Club meeting.** 8-10 a.m., first and third Saturdays at Amcore Bank Building, Rt. 14 and Pingree Rd. Develop your presentation and leadership skills. For information, call Steve at (847) 526-1525 or visit <http://user.mc.net/~toast1>.

## FOX LAKE

- **TOPS Fox Lake Craft/Rummage Sale.** 9 a.m.-3 p.m., Saturday, Oct. 7 and 9 a.m.-1 p.m., Sunday, Oct. 8. Old Lions Club, 23 South St., near Fox Lake water tower. Cash or checks only. For more information, call Jan at (847) 587-2727.

## GRAYSLAKE

- **Lake County Area Computer Enthusiasts meeting, "E-mail Etiquette."** 12:30-3 p.m., Saturday, Oct. 7. Grayslake Area Public Library, 100 Library Ln. Public is welcome. For more information, call Dwight (J.J.) Johnson at (847) 623-3815 or visit [www.lcace.org](http://www.lcace.org).
- **Zurko's International Antique Market.** 8 a.m.-3 p.m., Sunday, Oct. 8. Lake County Fairgrounds. For more information, call (715) 526-9769 or visit [www.zurkoantiquetours.com](http://www.zurkoantiquetours.com).
- **Senior Health and Safety Fair.** 9-11 a.m., Monday, Oct. 9. Lake Forest Hospital's Outpatient & Acute Care Center, 1475 E. Belvidere Rd. (Rt. 120

just west of Rt. 45). Healthy cooking demonstrations, medical screenings and presentations. For more information, call (847) 535-8800 or visit [lakeforesthospital.com](http://lakeforesthospital.com).

- **College Night.** 6-8 p.m., Wednesday, Oct. 11. University Center of Lake County, 1200 University Center Dr. This session highlights undergraduate offerings for bachelor's completions. For more information, call (847) 665-4000 or visit [www.ucenter.org](http://www.ucenter.org).

## GURNEE

- **LaCASA's Annual Giant Upscale Tented 3-Day Rummage Sale.** Friday to Sunday, Oct. 6-8. The LaCASA/Zacharias Center, 4275 Old Grand Ave., rain or shine. For more information, call Linda West at (847) 244-1187, ext. 21.
- **Home Office Managers and Entrepreneurs meeting.** 9 a.m., second Wednesdays. First Midwest Bank, 300 N. Hunt Club Rd. Exchange ideas, guest speakers, referrals, share business-owner experiences. Call (847) 367-7118 for details.
- **Network Lake County meeting.** 8-9 a.m., Thursdays. A business networking group meeting in Gurnee. Call Boyce Buckner at (847) 838-0058 to learn more.
- **Lake County Chamber of Commerce networkers group meeting.** 7:30 a.m., first and third Fridays. In-Laws Restaurant, 720 N. Milwaukee Ave. Call (847) 249-3800 for information.
- **Lake County Camera Club meeting.** 6:30 p.m., peer-to-peer discussion and socializing; 7:30, meeting, first Fridays. Warren Township Center, east crafts room, in park on southwest corner of Almond and Washington. All skill levels, digital and film, welcome. Call Mike Ament at (847) 356-6937 (noon-6 p.m.) to learn more.
- **Lake County Spinner's Guild meeting.** 1:30-4 p.m., second Sundays. Warren-Newport Public Library. Enjoy the art of fiber spinning and meet fellow spinners. Call Carol at (847) 234-0778 or Chris at (847) 367-2536 to learn more.
- **Singles (ages 55+) Breakfast Group meeting.** 8:30 a.m., Saturdays. In-Laws Restaurant, 720 Milwaukee Ave. Call Chuck at (847) 362-5458 for details.

## INGLESIDE

- **Annual Bird Seed Sale.** Prepaid orders due by 3 p.m., Oct. 29; pick-up Nov. 4-5. The Friends of Volo Bog are sponsoring this sale, featuring 11 varieties of seed. Order forms are available at the Volo Bog Visitor Center or by request at (815) 344-1294. For more information, call (815) 344-1294 or (815) 356-1710.

- **2nd Annual Antique Appraisal and Luncheon of Fox Lake-Grant Township Area Historical Society.** 11:30 a.m., Sunday, Oct. 8. Maravela's, Rt. 59. Appraisals by Karl Gates of Goodbye Good Buys. Lunch and one item appraisal is \$25; \$20 for lunch only. For more information, call (847) 587-5044.

- **Volo Bog Ghost Stories with Jim May.** 7-9 p.m., Saturday, Oct. 14. Volo Bog State Natural Area, 28478 W. Brandenburg Rd. Reservations must be made by 3 p.m. Sunday, Oct. 8. The minimum age of 5 is enforced. The Friends of Volo Bog will ask for a donation of \$5 per adult and \$2 per child. For reservations, call (815) 344-1294 or e-mail [dnr.volobog@illinois.gov](mailto:dnr.volobog@illinois.gov).

- **Fox Lake/Round Lake Area Rotary meeting.** Noon, Fridays at Za Za's, 69 Washington.
- **Grant Hall Museum.** 1-4 p.m., Sundays. Fox Lake-Grant Township Area Historical Society, 411 Washington St. Admission free, donations accepted. For information, call (847) 587-0544 or mail P.O. Box 224, Ingleside, IL 60041.

## LAKE VILLA

- **Lake Villa Village Board meeting.** 8 p.m., second Wednesdays
- **Lake Villa District Library Board meeting.** 7 p.m., second Mondays. 1001 E. Grand Ave.
- **Lake Villa Township Board meeting.** 7:30 p.m., second Tuesdays. Township offices, 37908 N. Fairfield Rd. Call (847) 356-2383.
- **Weigh to Win meeting.** 7-8 p.m., Tuesdays. Calvary Christian Center, Monaville Rd. Call (847) 356-6181 to learn more.
- **Lake Villa Take Off Pounds Sensibly meeting.** 5:30 p.m., Wednesdays. Church of the Holy Family, 25291 W. Lehman. Call Cathy at (847) 587-7710 or Debbie at (847) 687-5531 for details.
- **MOMS Club of Lake Villa/Lindenhurst meeting.** 9:30 a.m., Mondays. Lake Villa District Library, 1001 Grand Ave. Children welcome. For more information, call Erin Bearss at (847) 546-1545.

## LIBERTYVILLE

- **Ansel Brainerd Cook Chapter, Daughters of the American Revolution meeting, "Women Veterans and the VA."** 10 a.m., Saturday, Oct. 14. Libertyville Township Office, 359 Merrill Ct. The meeting is open to the public. For more information, call Chapter Regent Sandra Michaels at (847) 249-0456.

## LINDENHURST

- **Lindenhurst Village Board meeting.** 7 p.m., second and fourth

Mondays. Village Hall Boardroom. Call (847) 356-8252 for more information.

- **Lindenhurst Park District Board meeting.** 6:30 p.m., second Tuesdays. For more information, call (847) 356-6011 or visit [www.lindenhurstparks.org](http://www.lindenhurstparks.org).
- **Lindenhurst Community Partnership meeting.** 7 p.m., second Wednesdays. Village Hall.
- **Free blood pressure screening.** 8 a.m.-noon, Mondays. Victory Lakes Continued Care Center. Call (847) 356-5900 to learn more.
- **VFW Post 4894 meeting.** 8 p.m., second Wednesdays. Civic Center. Call (847) 356-7482 for details
- **Lake Villa Township Lions Club board meeting.** 7 p.m., second Tuesdays. State Bank of the Lakes.

## ROUND LAKE

- **Big Brothers, Big Sisters meeting.** 6:30-8 p.m., Mondays. Calvary Presbyterian Church, 510 Cedar Lake Rd. Call (847) 360-0770 for information.

## ROUND LAKE HEIGHTS

- **Round Lake Area Community Band rehearsal.** 7-9 p.m., Tuesdays. Indian Hill School, 1920 N. Lotus Dr. New musicians and all instruments are always welcome. Call Christi at (847) 546-8558, ext. 422 to learn more.

## ROUND LAKE PARK

- **Lake County Community Health Partnership Immunization Clinic.** 9-11 a.m., second Wednesdays. American Legion Hall, 111 E. Main St. Call (847) 377-8470 for details.

## VOLO

- **Animal Protection Association Fundraisin' Garage Sale.** 10 a.m.-3 p.m., Friday-Sunday, Oct. 13-15. 27557 W. Volo Village Rd., off of Rt. 120 and 12; watch for signs. Proceeds benefit APA's low-cost spay/neuter, vaccination and medical services programs. For more information, call (847) 740-3977.

## SALEM, WIS.

- **Senior Coffee Hour.** 9 a.m., first Fridays. Salem Community Library, 24615 89th St. Coffee, healthy snacks, programs for seniors and good conversation. Call (262) 843-3348 for details.

• *To submit an item to the Calendar, e-mail to [wjcalendar@weeklyjournals.com](mailto:wjcalendar@weeklyjournals.com), phone (847) 223-8161 or fax (847) 223-8810 at least 14 days before the event.*



# NASCAR THIS WEEK

## NEXTEL CUP SERIES

■ **Race:** UAW-Ford 500  
 ■ **Where:** Talladega (Ala.) Superspeedway (2.666 miles), 188 laps/501.208 miles.  
 ■ **When:** Sunday, Oct. 8  
 ■ **Last year's winner:** Dale Jarrett  
 ■ **Qualifying record:** Bill Elliott, Ford, 212.809 mph, April 30, 1987.  
 ■ **Race record:** Mark Martin, Ford, 188.354 mph, May 10, 1997.  
 ■ **Last week:** Tony Stewart won a race by stretching fuel. Honest to gosh, it's true. Tony the Tiger stooped to conquer. He used his noggin for once. The Banquet 400 ended with the top two finishers coasting across the finish line. Stewart's Chevy ran out of gas off turn two, perhaps two-thirds of a lap shy of the finish line. Since remaining on the track while others pitted had left Stewart with a substantial

lead — and since the second-place driver at the time, Casey Mears, also ran out of gas — he won anyway. The 27th victory of Stewart's career wasn't one he particularly cherished, but it was unlike any other. The 35-year-old is noted for his brilliance behind the wheel. Victories based on strategy have, by his own admission, been uncommon. "It's hard," he admitted, "to be disciplined." Stewart's victory was hardly the only unexpected development in a race that seemed bizarre from its very beginning. In the first year in which he failed to make the Chase for the Nextel Cup, Stewart, the reigning champion, won one of the 10 Chase races for the first time. In his career.

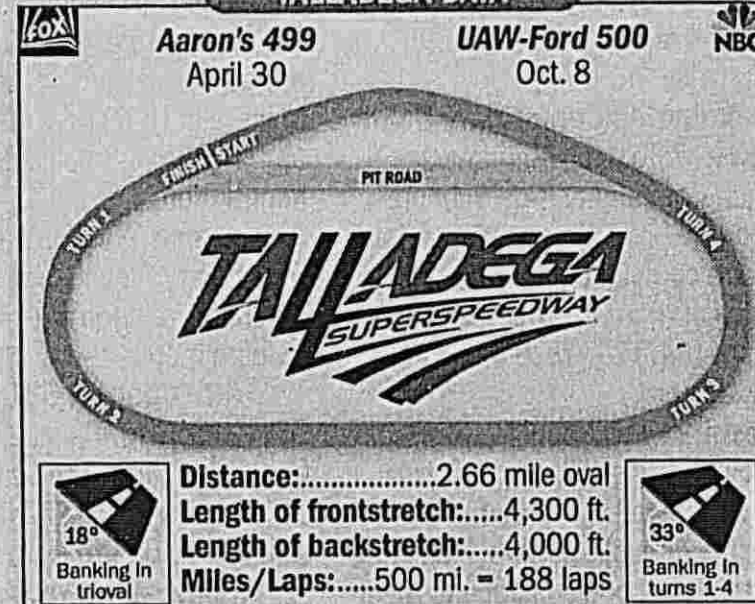
## BUSCH SERIES

■ **Race:** Dollar General 300  
 ■ **Where:** Lowe's Motor Speedway, Concord, N.C. (1.5 miles), 200 laps/300 miles.  
 ■ **When:** Friday, Oct. 13  
 ■ **Last year's winner:** Ryan Newman  
 ■ **Qualifying record:** Jimmie Johnson, Chevrolet, 187.735 mph, Oct. 14, 2005.  
 ■ **Race record:** Mark Martin, Ford, 155.799 mph, May 25, 1996.  
 ■ **Last week:** Points leader Kevin Harvick won the Yellow Transportation 300 at Kansas, holding off Matt Kenseth.

## CRAFTSMAN TRUCK

■ **Race:** John Deere 250  
 ■ **Where:** Talladega (Ala.) Superspeedway (2.666 miles), 94 laps/250.604 miles.  
 ■ **When:** Saturday, Oct. 7  
 ■ **Last year's winner:** First race  
 ■ **Qualifying record:** First race  
 ■ **Race record:** First race  
 ■ **Last race:** Mike Skinner, in a Toyota, won the Las Vegas 350 at Las Vegas Motor Speedway.

## TALLADEGA DATA



## TOP 10 IN POINTS

NEXTEL CUP	
1. Jeff Burton	5,511
2. Denny Hamlin	- 69
3. Mark Martin	- 70
4. Matt Kenseth	- 84
5. Kevin Harvick	- 96
6. Jeff Gordon	- 120
7. Dale Earnhardt Jr.	- 123
8. Jimmie Johnson	- 165
9. Kyle Busch	- 233
10. Kasey Kahne	- 273

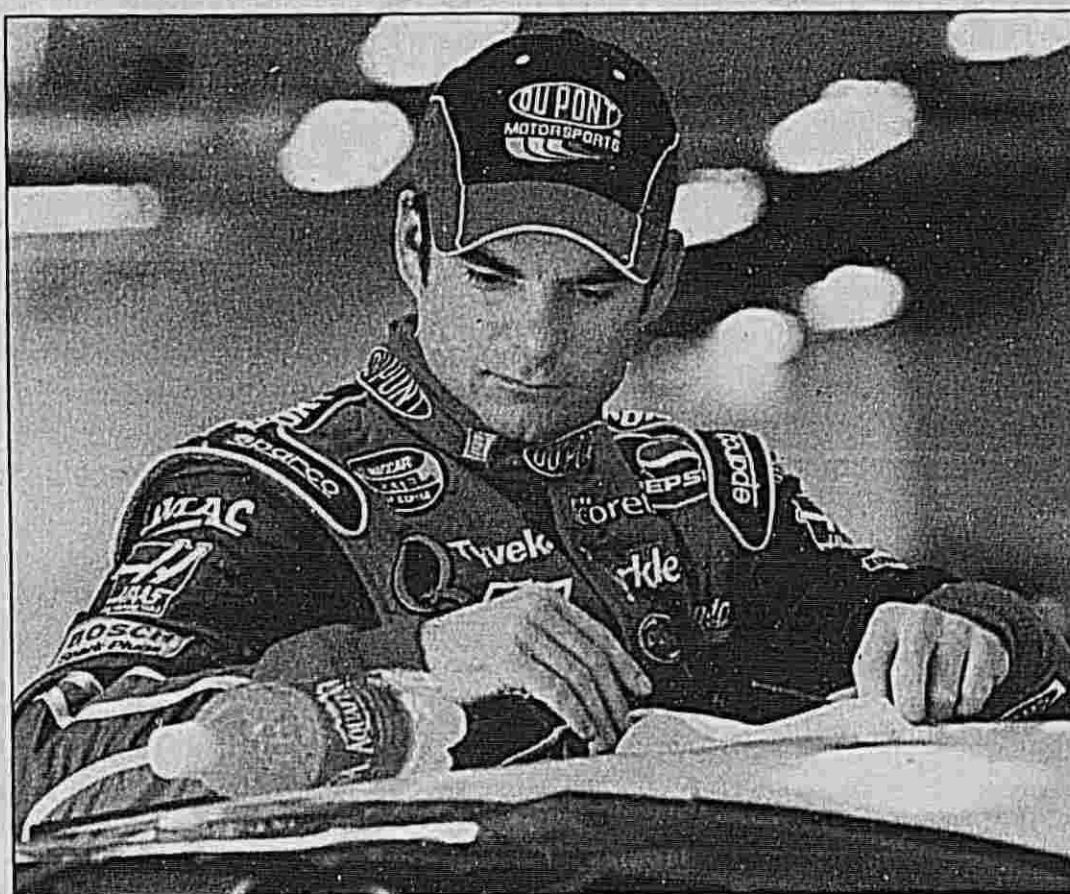
BUSCH SERIES	
1. Kevin Harvick	4,810
2. Carl Edwards	- 729
3. Clint Bowyer	- 855
4. Denny Hamlin	- 902
5. J.J. Yeley	- 984
6. Kyle Busch	- 1,257
7. Paul Menard	- 1,267
8. Greg Biffle	- 1,331
9. Reed Sorenson	- 1,573
10. Johnny Sauter	- 1,658

CRAFTSMAN TRUCK SERIES	
1. Todd Bodine	2,911
2. Johnny Benson	- 91
3. David Reutimann	- 240
4. Ted Musgrave	- 286
5. Rick Crawford	- 321
6. David Starr	- 358
7. Ron Hornaday	- 380
8. Mike Bliss	- 425
9. Jack Sprague	- 432
10. Terry Cook	- 451

► **Who's hot** — Points leader Jeff Burton has finished in the top 10 in four straight races. ... Mark Martin has improved from 10th to third in points in a span of five races.

► **Who's not** — Jeff Gordon has finished outside the top 30 in two of the past four races. ... Kasey Kahne's last three finishes are 16th, 38th and 33rd.

## WHO'S HOT AND WHO'S NOT



John Clark/NASCAR This Week

Jeff Gordon has sputtered to the finish line this season winding up outside the top 30 in two of the past four races. He's currently 120 points off the Chase lead.

## FEUD OF THE WEEK



Johnson

VERSUS



### Jimmie Johnson vs. NASCAR officials

After leading 105 of the 267 laps, a comedy of errors relegated Johnson to a 14th-place finish at Kansas. Not the least of Johnson's problems was a penalty for speeding exiting pit road on the 263rd lap. "I'll have to go and see where that was," said Johnson. "I definitely don't feel I was speeding on pit road, but the computer doesn't lie ..."

**NASCAR This Week's Monte Dutton gives his take:** "Twenty-nine penalties were issued during the Banquet 400, and five went to championship contenders. Rookie Denny Hamlin was twice penalized for pit-road violations. By far, Johnson's infraction was the most costly."

# Trickle gets short-track honor this year at LMS

By Monte Dutton  
 NASCAR This Week

Lowe's Motor Speedway will honor Dick Trickle with its Bobby Isaac Memorial Award before the Dollar General 300, a Busch Series race scheduled for Oct. 13 at the track.

The Bobby Isaac Memorial Award is presented annually by Lowe's Motor Speedway to an individual or group in recognition of outstanding contribution to short-track racing. Trick, from Wisconsin Rapids, Wis., was a dominant force in late-model stock-car racing throughout the Midwest for

## NUTS AND BOLTS

decades.

Trickle won American Speed Association championships in 1984 and 1985. Trickle became a series regular in 1989 and was, at age 48, rookie of the year. He continued to race in NASCAR's premier division until 2002.

**Odd man out** — Brian Vickers, who is leaving Hendrick Motorsports at season's end and will be driving a Toyota fielded by Team Red Bull, is no

longer included in meetings at his current employer. The situation isn't as testy as it might sound, but it underscores the security concerns of existing manufacturers in advance of Toyota's entry.

"Brian is still heavily involved," said his teammate, Jimmie Johnson, "but, as we all know, there are very few secrets in this sport. To have someone that is leaving and going to another race team, involved with some of the detailed conversations about some of the cars and technology, wouldn't be smart on behalf of Hendrick Motorsports to al-

low him to be a part of it.

"When Brian was approached with it all, he fully and completely understood, and he is still participating and providing information to his crew chief."

**Educated guess** — Kurt Busch, the first driver to win a championship under the Chase format, rates Matt Kenseth the favorite now.

Younger brother Kyle Busch's early troubles relieved some of the pressure, which was probably one reason why Kurt didn't

give his picks until two races into the postseason. With Kyle now ranked 9th, 233 points out of the lead, his brother could worry less about appearing to have a conflict of interest.

The odds on Kenseth, according to Kurt, are 2-1. Jeff Gordon is 3-1. Three drivers — Kevin Harvick, Jimmie Johnson and Dale Earnhardt Jr. — are 4-1. Jeff Burton and Mark Martin are 6-1. Denny Hamlin, and Kyle Busch are 8-1.

"Consistency, consistency, consistency ... at every track. No driver and team are as consistent as Matt and the '17' team," said Busch.



## WEEK 6: PREP FOOTBALL

GRANT 29, WAUCONDA 21

# Battle of the Bulldogs

Grant's 21 fourth-quarter points overtake Wauconda for homecoming victory

By STEVE PETERSON  
speterson@nwnewsgroup.com

FOX LAKE - Every football team likes to do well in all four quarters.

Grant coach Kurt Rous wears a shirt that says "Four Quarters." But Grant's 4-2, 3-0 North Suburban Conference Prairie Division start may be defined on how Grant plays in the last two quarters versus the first two.

After a 29-21 homecoming win against Wauconda, Grant had an 83-15 advantage in the second half, compared to its foes' combined 94-46 lead by halftime.

That, coupled with good old focus, helped put Grant in the driver's seat in the Prairie.

Last week's win was no different, as Wauconda led 14-8 in the first half, only to have

Grant regroup with 21 points to Wauconda's 7 for the win.

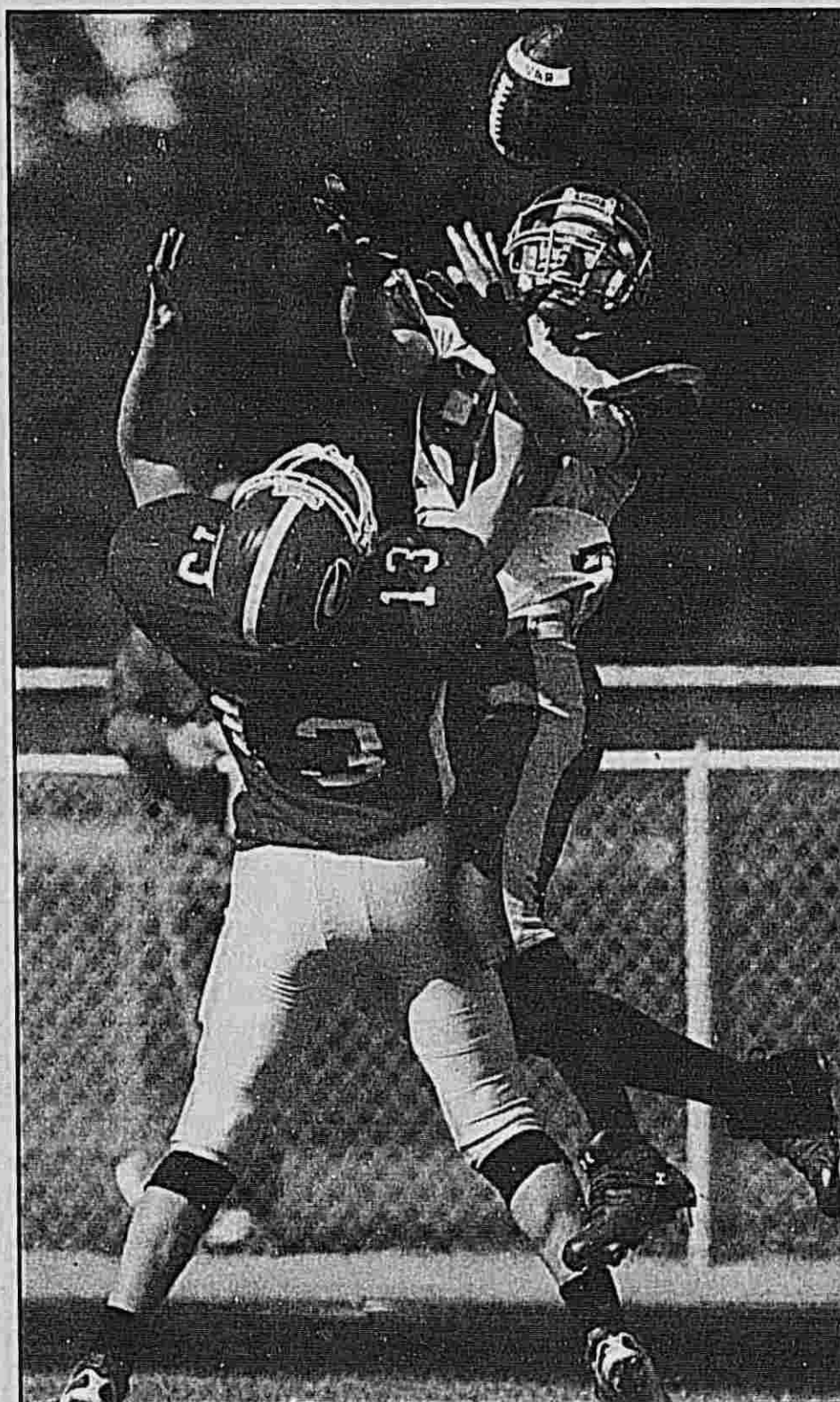
"Our main goal was to focus on the game. We're a good conditioning team and we're persistent," Grant quarterback Frank Giannosa said.

"We wanted to stay focused and not be part of the homecoming festivities, except to win," running back Joe Claver said.

By the numbers, Claver and Giannosa didn't do anything spectacular, finishing with 91 total rushing yards, but no one can argue with the results.

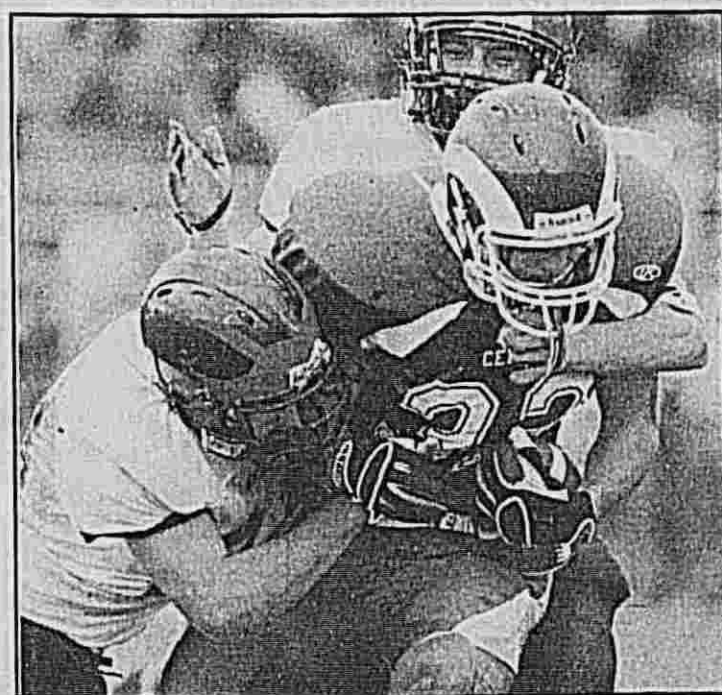
Rous credited adjustments made by assistants Fred Loffredo and Len Siatta with the comeback from a 13-8 halftime deficit to 16 straight points Saturday. Brad Wisniewski, Wauconda's chief

See BULLDOGS, page A30



Wauconda's Keith Palmer (right) lifts off for the catch against Grant's Ryan Wisniewski at Grant's homecoming game last Saturday.

Chris Padgett - cpadgett@nwnewsgroup.com



Sandy Bressner - sbressner@nwnewsgroup.com

Grayslake Central's John Corcoran is swarmed by Crystal Lake Central's defense during the Rams' 42-0 homecoming loss.

CRYSTAL LAKE CENTRAL 42, GRAYSLAKE CENTRAL 0

## Rams' homecoming not so sweet

CL Central earns second shutout of the season

By JOE STEVENSON  
jstevenson@nwnewsgroup.com

GRAYSLAKE - Crystal Lake Central's football team has seen a running clock before, but this time was different.

For the first time since the IHSA instituted the rule a few years ago, the Tigers were on the long end of the 40-point lead that keeps the clock running when the outcome is inevitable.

Linebacker Alex Olejniczak, just informed by defensive coordinator

Lance Burmeister he would be substituted for on the next play, picked off Grayslake Central quarterback Evan Jones at the Rams' 23-yard line and returned it for a touchdown with 3:08 remaining.

Olejniczak's point-after kick gave the Tigers a 42-0 lead, prompting a running clock for the final minutes of the Fox Valley Conference Fox Division game Saturday at Eiserman Stadium.

See RAMS, page A30

## Prep football roundup

Week 6

Carmel 49, St. Patrick 13

• The Corsairs' Sean Lees earned his keep as a two-way starter, rushing for 83 yards and two touchdowns on 11 carries on offense, and intercepting a pass and making several tackles on the defensive end. Lees definitely wasn't the only highlight as Jim Potempa rushed for 170 yards and three TDs on 19 carries, and quarterback David Venegoni also had two rushing scores for Carmel (6-0).

Lake Zurich 55, Antioch 7

• Games are won and lost in the second half and by that estimation, Antioch won the battle with Lake Zurich as running back Brad Fortney scored from 6 yards out for Antioch's one and only score. Unfortunately for the Sequoits, they were down 49-0 to start the half.

New Trier 44, Waukegan 6

• It seems the Trevians have earned their place among the area's best, easily defeating the Bulldogs. However, Waukegan (2-4, 0-2 Central Suburban South) didn't start in such dire straits. The Bulldogs scored on the first drive, moving the ball 67 yards on 10 plays until running back Antwoine Miller caught a Tony Ochoa strike for the 6-0 lead and Waukegan's only score of the game.

North Chicago 50, Lakes 21

• After three quarters, North Chicago had a 44-7 lead as the Eagles dropped their second straight. Lakes' Frank Soto (100 yards, one TD on 18 carries) tried his best to keep the Eagles (4-2, 2-2 NSC-Prairie) in flight, but Soto and scores from QB Randy Ratajczyk and a passing TD from Richard Fisher to Kevin Guirand weren't enough in the loss.

Prairie Ridge 42, Grayslake North 7

• North (0-6 overall, 0-2 FVC-Fox) was able to move the ball against the Wolves, but in the end they couldn't get it done in the tough loss. Grayslake's only score came off an 80-yard, 10-play drive that was capped off by a 5-yard strike from Nick Arrington (6-for-13, 89 yards) to Ryan Hill.

Vernon Hills 38, Round Lake 14

• Cougar Matt Baruch ran for 196 yards - less than half of Vernon Hills' 416 ground yards as VH (3-3, 2-1 NSC-Prairie) turned around a season while Round Lake's promising 2-0 start is now a distant memory. The Panthers (2-4, 0-3 NSC-Prairie) got scores in the fourth quarter off a 15-yard TD run from Eric Watts and a 34-yard scoring pass from C.J. Swanson to Jerome Brown.

Warren 42, Mundelein 16

• Blue Devils (4-2, 2-2 NSC-Lake) senior Matt Mose took a first-quarter punt 85 yards for the first Warren score and the team never looked back. Anthony Maldonado rushed for 109 yards and two TDs on 14 carries while Mose also made 92 yards and two TDs on three receptions. The Mustangs got their scores from Josh McKindra (2-yard run) and Alan Cuna (blocked punt and return).



## ● On the Sidelines

# October opens with (sarcastic) astonishments

In this boring life, there's nothing like a nice curveball to mix things up. While I certainly enjoy my standing in the ever-present stability of living in the Chicago suburbs, I think everyone needs a little action.

So, to quote brain-melting TV legend Gomer Pyle, "Surprise, surprise, surprise," because this past week was definitely a time of unexpected turns in the sports world.



**Daniel J. Patrick**

All right, maybe not.

Dusty Baker is no longer the manager of the Chicago Cubs – gee golly, never saw that one coming!

Dallas Cowboys center Andre Gurode was significantly punished for maliciously stomping another man in the face – boy, that one came out of left field!

Oh, and speaking of the Cowboys, self-obsessed man-child Terrell Owens continues to be an all-around embarrassment to himself, his team, the NFL and the sport of football in general.

I know that last one is especially astonishing given T.O.'s track record for model behavior.

With all of these shocking revelations swirling around the pro sports world, it's no wonder that this trend has also rubbed off on the local sports scene as well.

I know it may be a big surprise for some people, but the top two teams in The Associated Press Class 7A rankings, Carmel and Libertyville, stayed in those spots after remaining undefeated last week.

With Carmel averaging

53.7 points per game, carrying margins of victory of about 36 points, it's no wonder the Corsairs have sole possession of the top spot.

Libertyville's trip has been decidedly bumpier, beating opponents by "only" two touchdowns, so I guess those coaches voting on the rankings may actually know something after all.

Another strange occurrence is Blue Devils tennis star **Karina Kocemba's** ranking among the state's best in her sport.

OK, maybe it isn't so unprecedented after all.

Not only did she put up a deep running in the IHSA singles tournament last season, but during last weekend's quadrangular, she won all three of her matches, first tying the old school record set by **Teri Chan** with 114 victories, then adding two more to become the sole record holder.

With the prestige the Warren tennis team has earned over the years, Kocemba's mark is something to behold. And sarcasm aside, it's no surprise to see her among the state's best.

One real object of interest is the play of NCAA Division III cornerback and former Grayslake Central player **Drew Gallagher**. Gallagher is tied for second in the nation with five interceptions in four games in D-III action.

As much trouble as the Grayslake Central Rams have had on the gridiron over the past few years, Gallagher's performance is especially impressive. However, it's probably no surprise that the Rams' sole winning season in almost 10 years came during Gallagher's senior year.

• Daniel J. Patrick is sports editor for the Weekly Journals. Contact him at [dpatrick@nwnewsgroup.com](mailto:dpatrick@nwnewsgroup.com).

## Grant shuts down Wauconda's run

### • BULLDOGS

Continued from A29

weapon, was held to under 100 yards.

"The defense made the adjustments it had to at halftime. We have shown in the past that we're a second half team," Rous said. "It's not that you don't want to show up in the first half and be down 40-0. We're a very cohesive group. They stick together and respond well."

Grant still has tough tests left, starting with the improving Vernon Hills Cougars (3-3, 2-1) at home Oct. 6. Wauconda (3-3, 2-2) is at Lakes on Oct. 6.

"We got away from what we do best, which is run the football," Wauconda coach Glen Kozlowski said. "Give Grant credit."

After a 30-minute lightning delay, Wauconda struck first as Kent found Nick Angellotti open over the middle for a 28-yard touchdown. Senior Damen Mantis helped turn the tide for Grant with a safety.

Claver then tallied after a short drive for an 8-7 Grant lead.

Wauconda's Wisniewski answered back in the second quarter as he scored on a 1-yard TD following a 25-yard gain and a 36-yard pickup on a pass from Steve Kent to Keith Palmer for the 14-8 halftime lead.

In the third quarter, things got more interesting for Grant fans. Giannosa connected with senior Jeremy Shedrick, the kicking specialist, for a 20-yard TD pass, and Mantis leapt into the end zone for the 2-point conversion for a 16-13 Grant lead, a lead it would not surrender.

Giannosa later finished a 72-yard drive that gave Grant a 22-13 lead. And Grant's advantage grew to 29-14 when Giannosa scored a TD.

Wauconda made one final stand with



Chris Padgett - cpadgett@nwnewsgroup.com

Grant's Jeremy Shedrick celebrates after scoring a touchdown that put his squad in the lead at Saturday's homecoming game.

Winiewski's 2-yard run and pass to Angelotti for the 2-point conversion. But Manthis recovered the onside kick for Grant, sealing Wauconda's fate.

## Tigers capitalize on Rams' mistakes

### • RAMS

Continued from A29

"We're absolutely determined to win all three of these games," Tigers linebacker Joe Komosa said. "We really, really, really want to play Prairie Ridge and [Crystal Lake] South again [in the playoffs]."

Crystal Lake Central (3-3 overall, 1-1 FVC Fox) has a chance to make the playoffs for the first time since 1991. The Tigers lost close games to South and Prairie Ridge after leading late in both contests. Instead of lamenting last week's 28-25 setback to Prairie Ridge, the Tigers came out and scored on the first play from scrimmage, a 69-yard run by running back Andy Prado.

A 45-minute lightning delay ensued, but the Tigers came back and maintained their

focus.

"[Grayslake] had to sit there and think about us scoring on the first play for 45 minutes," Prado said. "We tried to act like it was 0-0. We didn't want to get too cocky."

Prado ran eight times for 153 yards, and Dane Burmeister finished with nine carries for 127 yards, including a 76-yard touchdown.

"We tried to chip, chip, chip away, and all of a sudden - boom! - something would break," Tigers coach Jon McLaughlin said. "They were really focused on stopping the fullback and the traps weren't there."

The Tigers had gone almost 17 years without a shutout until they beat Dundee-Crown, 35-0, in Week 3. Now they have two shutouts in four weeks.

"That's always what we're trying to achieve," Komosa

said. "The defensive line really picked it up today."

Grayslake Central (1-5, 0-2) moved the ball at times, but stalled with turnovers whenever it got close. Trailing 14-0 in the third quarter, Jones was picked off by Nick Thomas at the Tigers' 10. Four plays later, on a double-handoff play, Burmeister scooted around right end for 76 yards.

"I thought Grayslake kind of quit playing after that," McLaughlin said.

Rams coach Mike Munda was frustrated at his team's mistakes.

"Interceptions, turnovers, stupid penalties when we're close to the red zone," Munda said. "You're not going to win doing that. When we moved the ball it's because we had the discipline. There was a lack of consistency to finish things. I can't put a handle on why."



# Washington named Waukegan High interim AD

By DANIEL J. PATRICK  
dpatrick@nwnewsgroup.com

Even with some controversy, Waukegan School District 60 didn't have to look very far for an athletic director.

Jefferson Middle School assistant principal and long-time Wauconda High School coach Mel Washington was named interim athletic director.

His first day was on Sept. 18. Washington will replace former athletic director Rolando Vazquez, who manned the post until the end of the last school year before departing for the AD position at Lake Zurich high school.

Washington hopes to bring some stability to the post as there was some contention over the position as former boys basketball coach Brian Colbert resigned because of disagreements over whether or not he could continue to serve as the school's basketball coach while fulfilling the duties as an AD.

District 60 Superintendent Dr. Donald Batiste refused to permit Colbert from applying for the position because of a district policy that states a person who serves as an athletic director may not also coach a sport.

Even with the policy, Washington has done his fair share of coaching at Waukegan. He served as the boys sophomore basketball coach for 26

years, coached track and field for 33 years and headed the sophomore football team for 33 years. In addition to those long tenures, he also coached the sophomore soccer team in 1980 and 1981.

"My entire educational career has been with Waukegan Public Schools," Washington said. "I started in 1970 and taught science, math, physical education, summer school coordinator, associate principal at the ninth-grade center, assistant principal at Jefferson [Middle School]."

While Washington has been semi-retired, he still served as a part-time assistant principal for the past two years. In the time Washington stands as Waukegan's athletic director, he hopes to bring all the school's athletic programs together.

"Until you get your footing, you have to play it by ear and I don't want to make any drastic changes," Washington said. "If I had one objective or goal, it would be for the coaches to come together and realize we're all in this together, that we support one another as an athletic program in terms of being loyal to each other."

"Once the kids know we're one unit, we have the chance to grow. We want to have unity."

• Weekly Journals News Editor Matt Pera contributed to this story.

# Wauconda, Mundelein basketball teams to play at United Center

WEEKLY JOURNALS

Wauconda High School and Mundelein High School basketball fans should mark Jan. 13, 2007, on the calendar, saving the date for a trip to Chicago.

The Bulldogs battle the Mustangs that day at the United Center at 8 p.m. Fans will be able to enter the United Center through Gate 6 beginning at 2:30 p.m. All fans must have a game ticket to enter. They will be able to cheer

on the Bulls vs. the Memphis Grizzlies at 7:30 p.m.

Forms and payment must be received by the Bulls no later than Dec. 20. Tickets are subject to availability, and because of high demand, forms should be faxed or mailed as soon as possible.

Fans can purchase tickets from the WHS Athletic Department. Call (847) 526-6611 and ask for Athletic Director Jim Van Fleet's office. Ticket prices are \$61 and \$46.



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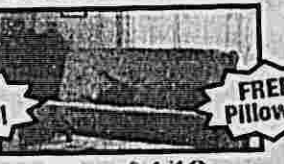
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## ● Outdoor Experience

# Something's fishy in Chain enforcement

Imagine that you are a delivery truck driver for a florist, just cruising down the road, when you see flashing lights and hear the wail of a siren.

When you are pulled over, you are told that you are being cited for some obscure law that doesn't really apply to you. The law really is intended for long-haul truckers pulling 18-wheelers and hauling 40,000 pounds of freight.

Well, too bad, fella! The law is the law and ignorance is no excuse!

Something very similar seems to be happening on the

Fox Chain of Lakes. It seems that the U.S. Coast Guard is warning and citing fishing guides for not having valid Captain's licenses.

A Captain's license? Isn't that just a requirement for the guys running charters out on the big waters of Lake Michigan? Well, the answer is "no" and there aren't any "buts" about it.

It seems that the Fox Chain is considered a "Federally Navigable Waterway." What the heck does that term mean? The layman would say that it is a waterway that leads to the

ocean or to the Great Lakes, where big cargo boats travel.



Steve Sarley

ebb and flow of the tide and/or are presently used, or have

The U.S. Army Corps of Engineers defines these waterways as the following: "Navigable waters of the United States are those waters that are subject to the

been used in the past, or may be susceptible for use to transport interstate or foreign commerce."

Ah, now I see! What I think they are saying is that at some point in time you could get in a canoe or boat and go down the Fox River to the Illinois, which you could then take to the mighty Mississippi. Another 1,000 miles or so and you'd be at the Gulf of Mexico on your way to the Atlantic and then Europe, Asia, who knows? The possibilities are limitless.

Of course, once the towns along the Fox began erecting the 14 or so dams that impeded boat traffic, you couldn't get much south of the lock at McHenry. That doesn't make a difference as the law says that if it was once navigable, it's always navigable.

Congress named which bodies of water were Federally Navigable Waterways decades ago. The only way to have a body of water dropped from the list would be by an Act of Congress. With a war in progress, the ever-present threat of terrorism and a sagging economy, I am sure that the Fox Chain of Lakes isn't on Page 1 of any federally elected official's day planner.

So what's the big deal about having to get a Captain's license? Passing the test is akin to passing the bar exam for lawyers. You have to study for weeks, virtually memorize a couple of lengthy rules, pass a physical, and the best chance of passing comes from enrolling in a class.

You are expected to know things like being able to differentiate the shapes of ships in light and dark conditions. Yes, I said "ships," like in battleships, destroyers and submarines. I once heard of a guy who was so inebriated that he swore he saw a WWII U-boat on Lake Catherine, but that's a story for a different time.

You face a possible total cost of between \$2,000-\$3,000. That's a pretty steep price to pay for the privilege of taking a pair of passengers out for a day of fishing in a 16-foot boat.

In my estimation, there are about 40 guides operating on the Chain in a season and I don't think a single one has a

Captain's license. I don't even think they know that they are in violation of the law.

Oh, by the way, the penalty for taking on passengers for hire on a Federally Navigable Waterway begins at \$500 and can run up to \$27,500.

I queried one guide about the issue. I had to hold the phone away from my ear as he responded.

"I've been guiding for years and never heard such a thing. Who needs a Captain's license on the Chain? How stupid!"

Note - I am not here to dump on the U.S. Coast Guard. That said, I think they ought to stick to the functions of saving lives, keeping waterways free from obstruction, making sure that watercraft are properly outfitted, and protecting our shores from the threat of terrorism.

I called the Coast Guard. As a matter of fact, I made a dozen calls and I had a hard time getting definitive answers.

After some time, I spoke with Commander Tracy Wannamaker, Chief of Response from Milwaukee. I asked why the U.S. Coast Guard found it necessary to cite guides for not having the proper license and even asked if they could just look the other way.

She answered, "The decision to change license requirements is far beyond us. Ignore the law? No, sir! The laws are on the books and they are meant to be enforced."

So there we have it, at least for now. You can go to Chicago and pick up a taxicab driver's license far more easily than you would if you were to attempt to get a Captain's license. I find it hard to believe that you can even compare a white-knuckle taxi ride zooming through Chicago's Loop traffic with a guide taking out a couple of anglers for a leisurely day of fishing.

I say that common sense must prevail but this is not the end of the story about this issue, so stay tuned!

• Steve Sarley can be contacted through the Weekly Journals or through his Web site at [www.oexperience.com](http://www.oexperience.com). His e-mail address is [steve@oexperience.com](mailto:steve@oexperience.com).

## Come Worship With Us

### A Directory Of Antioch Area Churches

Graceland Baptist Church. 258 Ida St., Antioch, IL. Sunday School 11am., Morning Worship 11am., Sunday Evening 7pm. Robert Williams, Pastor.

Beautiful Savior Lutheran Church. Missouri Synod, worshipping at Antioch/Lake Villa Township Center, 1625 Deep Lake Rd. Pastor Darald Gruen. (847) 265-2450. Sunday Worship at 9am, Sunday School, High School & Adult Bible Classes 10:45am.

Heritage Lutheran Church. Heritage Lutheran, 630 N. Beck, Lindenhurst. (847) 356-1766. Sunday service 10:00 am, Sunday School & Bible Class 9:00 am. (summer schedule - 9:00 am Sunday) Rev. Mark W. Anderson, Pastor.

St. Ignatius Episcopal. 500 Depot St. Antioch Phone (847) 395-0652. Low Mass 7:30am., High Mass 9:30am Sunday School & Nursery 9:30am.

#### CrossView Church

(formerly Antioch Evangelical Free Church)

750 Highview Drive, Antioch, IL 847-395-4117 Sunday Worship 9:00am and 10:30am Sunday School for all ages (nursery provided) Call for more information.

St. Stephen Lutheran Church (ELCA). 1155 Hillside Ave. (847) 395-3359. Sunday Worship, 8:00, 9:30, 10:45am. Rev. Roger Black, Pastor. Saturday Worship Service 5:00pm

Christian Life Fellowship Assemblies of God Church. 41625 Deep Lake Rd., Antioch. (847) 395-8572. Sunday School (all ages) 9am., Sunday Worship 10am. & 6:30pm., Children's Church 10am., Wednesday Worship & Children's Program 7am., Tues. Women's Fellowship & Bible Study 9-11:30am. Jeff Brussaly, Pastor.

Antioch Baptist Church. 817 Holbeck Dr., Antioch. (847) 769-5332. Sunday Worship 10:15am., 6:00pm., Wednesday Bible Study 7:00pm. Pastor Ken Foster.

Community Church of the Holy Spirit. 25291 W. Lehmann Blvd., Lake Villa. (847) 245-3000. Sunday Worship 11am., Bible Study Wednesday 10:30am & 7:30pm. Rev. Scott Keenan, Pastor. [www.myholyspirit.org](http://www.myholyspirit.org).

Faith Evangelical Lutheran. 24300 W. Grass Lake Rd., Antioch, (847) 293-6101. Sunday Worship 8am. & 10:45am., Mon. Worship 7:00pm, Sunday School Weekly at 9:30am., Adult Studies Sun. 9:30am & Tues. 7pm., [www.faihtantioch.org](http://www.faihtantioch.org).

Millburn Congregational United Church of Christ. 19073 W. Grass Lake Rd. at Rte. 45. (847) 356-5237. Sunday Services 8:30am. Eucharist at 10am. Family Worship with Church School and Nursery Care. Rev. Jed Watson, Pastor.

Antioch United Methodist Church. 848 Main St., Antioch, (847) 395-1259. Sunday Worship 8 a.m. and 10:30 a.m. Sunday School all ages 9:15am. Nursery birth through kindergarten of age from 8 to 11:30 a.m. Rev. Barbara Good, Pastor. [www.umcoa.org](http://www.umcoa.org).

St. Peter's Church. 557 W. Lake St., Antioch. (847) 395-0274. Masses weekdays, 7:30am; Sunday 6:30, 8, 9:30, 11:30am & Saturday 5:30pm. Rev. Father Ronald H. Anglim, Pastor.

Chain of Lakes Community Bible Church. 43 W. Grass Lake Rd., Lake Villa. [www.clcbc.com](http://www.clcbc.com). (847) 838-0103. Sunday Worship 9:30 and 11:00. Sunday School. Jr. & Sr. High Youth Programs. Rev. Kerry Bauman, Senior Pastor

Good Shepherd Lutheran Church (Missouri Synod). 25100 W. Grand Ave. (Rte. 59 & 132), Lake Villa. (847) 356-5158. Sunday Worship 8:15 & 10:45am; Sunday School (3 and up) and Bible Study 9:30am. Rev. John Zellmer, Pastor.

Lighthouse Church of Antioch. 554 Parkway Ave., Antioch, IL (847) 838-0616. Saturday Service 7:00 p.m. Adventure Club for Kids, Adult Bible Study Saturday 6:00 p.m. Monday Bible Study 7:00 p.m. Thursday Evening PTSD Support Group 7:00 p.m. Senior Pastor Tom Bartmer.

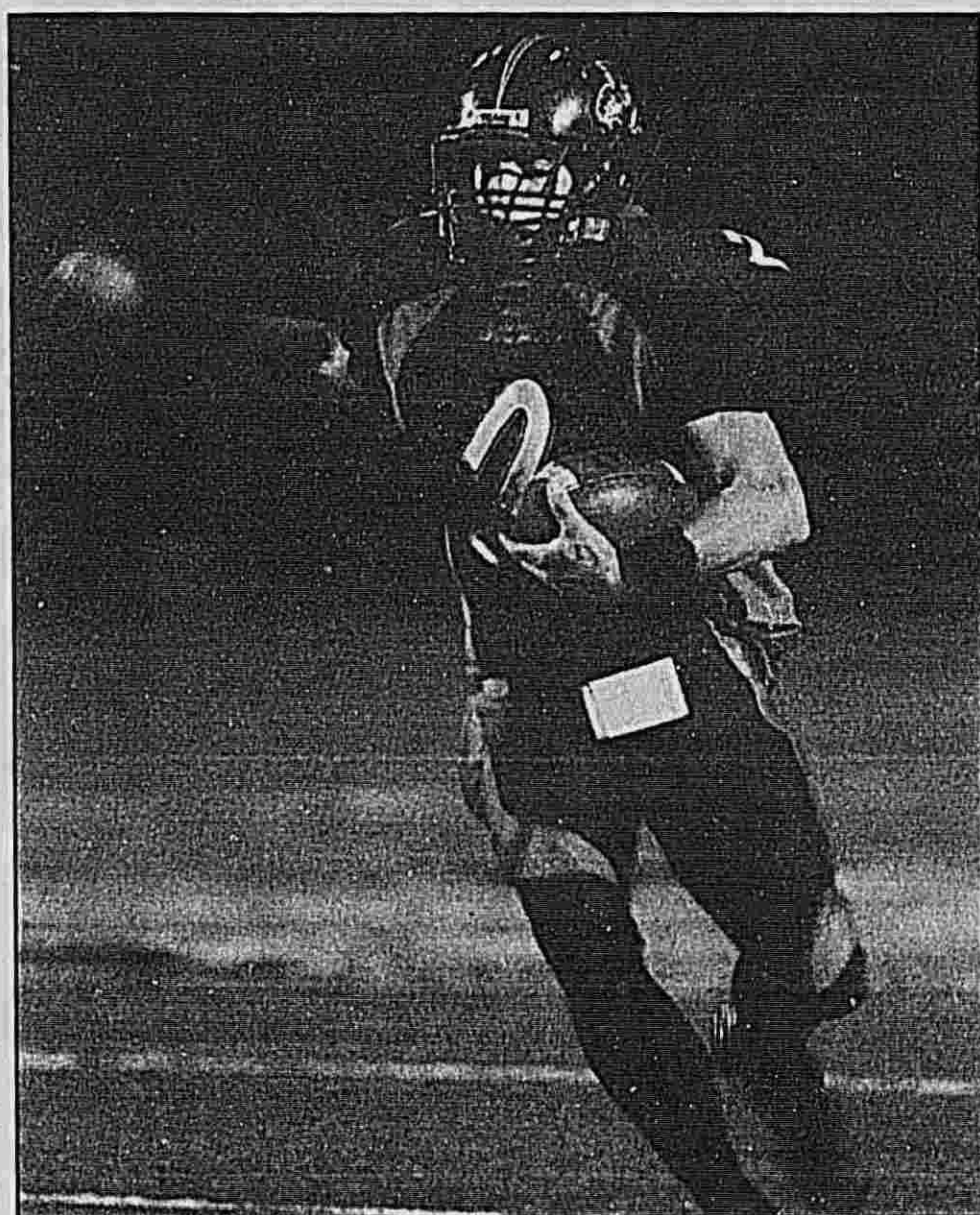
NorthBridge Church. A Contemporary Worship Experience. Meeting at Antioch Community High School, 1133 Main St., Antioch. (847) 838-0800. [www.northbridgechurch.org](http://www.northbridgechurch.org). Sunday Service - 9:00am & 10:45am Children's Classes (K-8) - 9:00 am & 10:45 am. Mark Albrecht, Senior Pastor.

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Annie Christie - achristie@nwnewsgroup.com

Libertyville's Joey Bowens returns a Zee-Bees punt for 23 yards during last Friday's homecoming game.

LIBERTYVILLE 24, ZION-BENTON 6

## Special teams, 'D' pick up the slack

WEEKLY JOURNALS

Typically, the recipe for a state caliber team doesn't have so much to do with individual ingredients, but the way they all come together.

Apparently, the Libertyville gridiron gang has bought into such a philosophy as strong special teams and defensive play made up for a weak offense for the homecoming and North Suburban Conference Lake Division victory, 24-6, against Zion-Benton.

"Weak" is a relative term for the 6-0 Wildcats. They were able to find the end zone three times and score 24 points - just a few ticks off of Libertyville's 28-point average coming into the contest.

All three touchdowns came from short drives.

Wildcats senior Joey Bowens was all over the map, drawing first blood on a 28-yard field goal for the 3-0 lead 5 minutes into the game. Bowens then set up two

more Libertyville scores with excellent punt returns.

Bowens returned a Zee-Bee punt 23 yards to the Zion 16, setting up a Ryan Kennedy 16-yard touchdown pass to Dave DeRose to make it 10-0 for the last score in the first half.

Libertyville's offense awoke in the third quarter to the tune of 14 points to give the Wildcats the 24-0 lead.

With the Zee-Bees threatening early in the third quarter, Mike Luczkiw picked off a pass and returned it 50 yards to spot the Wildcats offense at the Zion 20. Running back Joey Schlesinger capped off the drive with an 8-yard TD run.

Bowens again was a factor in Libertyville's final score, returning a Zee-Bees punt 11 yards to start Libertyville's offense at the Zee-Bees 29.

The Zee-Bees (0-6, 0-4 NSC-Lake) finally found the scoreboard with a 70-yard run from running back Kenny Davis.

### Hometown Sports

#### Net Force Volleyball hosting tryouts

Waukegan's Net Force Volleyball Club will start its season of USA Junior Olympic Volleyball and the team is calling all Lake County girls volleyball players to try out for the team.

All practices will be held at the new Field House at Hinkston Park in Waukegan.

Dates for the tryouts will be on Sunday, Oct. 22 from 8:30 to 11:30 a.m. for girls 12 to 14 years old. Tryouts for girls 15 and 16 years old will be on the same day from 1 to 4 p.m.

Seventeen- and 18-year-old girls will try out from 8:30 to 11:30 a.m. on Oct. 29.

Additional tryout sessions will be held on Oct. 29 and Nov. 5 for qualifying players.

For more information and complete registration information, visit the club's Web site at [www.net-forcevolleyball.com](http://www.net-forcevolleyball.com) or call (224) 430-4581.

#### Renwood announces fall rates

Starting this week, all Round Lake Area Park District residents will pay \$15 for golf while non-residents will pay \$17. Power carts are available for \$10 for nine holes per person and \$14 for 18 holes per person. In order to reserve a cart, visit [www.renwoodgolf.com/reserve.html](http://www.renwoodgolf.com/reserve.html).

Renwood's two Stableford tournaments are on

the docket, the first is Oct. 7 with tee times running through 9:30 a.m. This is a two-person team event and all participants must have a USGA/CDGA handicap and cost will be \$20 per person.

The driving range will be open every day until sunset, weather permitting.

Range information can be obtained from the Web site [www.renwoodgolf.com/practice.html](http://www.renwoodgolf.com/practice.html).

#### Hunting Notes

Illinois has been selected as a special testing ground for the National Shooting Sports Foundation's fledgling "Wingshooting USA" campaign. The program was launched last year to help activate hunters who had gotten away from the sport by raising their awareness of the convenience, access and quality experiences offered by today's bird hunting preserves.

Wingshooting USA ads are running in magazines and on outdoors television. For the Illinois campaign, the NSSF will launch a separate, targeted, print and TV advertising blitz during the last four months of 2006 to measure the ads' cumulative impact on hunting participation.

The initiative promotes a Web site, [www.wingshootingusa.org](http://www.wingshootingusa.org) that features a free, easy-to-use national database of hunting preserves.

### United Hospital System Total Healthcare for Your Family and You

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Dr. Moriah Bang, Dr. Jason Johnson  
and Dr. Julie Shapiro



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United Hospital System welcomes Dr. Moriah Bang. Dr. Bang, a Family Practice physician, recently completed her residency at Lutheran General Hospital.

Dr. Bang joins Dr. Julie Shapiro and Dr. Jason Johnson in the practice of Family Medicine at their clinic location:

United Hospital System Physician Clinic  
1790 Nations Drive, Suite 106  
Gurnee, Illinois 60031  
(847) 244-9740

Dr. Bang, Dr. Johnson and Dr. Shapiro look forward to providing you complete, personalized care by establishing a trusting relationship and caring about you, not just for you.

For more information or physician bios,  
please visit us on the web at:  
[www.uhsl.org](http://www.uhsl.org).

UNITED  
HOSPITAL SYSTEM

For an appointment, please call  
(847) 244-9740.



## LOCAL ROUNDUP

# No. 2 Stevenson spikers fend off Mundelein

## WEEKLY JOURNALS

Cliches wouldn't have a place in sports if they didn't sometimes come true. Unfortunately for the 13-7 Mundelein Mustangs girls volleyball team, it truly "Ain't over 'till it's over," as they nearly beat the No. 2-ranked Stevenson Patriots.

When it was all said and done, Stevenson edged Mundelein, 25-13, 23-25, 25-21. Stevenson's attackers, led by **Kristen Baader** (13 kills, three blocks), were too much for the Mustangs.

## Grant 2, Highland Park 0

The Bulldogs easily defeated Highland Park, 25-18, 25-22, last Friday. Leading attackers included **Jamie Swanson** with six kills while **Kariann Hill** and **Becka Gonyo** finished with three kills each. **Bailey Wagner** and **Gonyo** finished with a block each.

## CROSS COUNTRY

### BOYS: Antioch 20, Grant 35; Antioch 15, Round Lake 51; Grant 15, RL 51

Antioch ruled the roost at the three-team race held in Fox River Park. The top Sequoit finishers were **Mike Dussault** and **Tom Miller**, who finished first and

second, respectively, while teammates **Bryant Giorgi** and **Ryan Mefiaffey** took fourth and fifth. Grant's **Derek Hall** took third as the top Bulldogs finisher while Round Lake's **Dillon Pousson** was the only Panther to break into the top 10.

### GIRLS: Grant 25, Antioch 31; Antioch 15, Round Lake 50; Grant 15, RL 50

Grant was the most impressive, but Antioch's **Erin Poss** and **Jen Naegele** took the top two spots. From there on, it was Grant as **Alexis Capps**, **Kendra Kennedy**, **Jessie Stimpson**, **Leya Munwan** and **Heather Ruetsche** took third through seventh. The top Round Lake finisher was **Erin Havrilak** with a time of 28:19.

## GIRLS TENNIS

### Antioch 5, Wauconda 0

Sequoits coach Randy Digman was pleased with his team's win over the Bulldogs. Sequoits **Maggie Sabatino** and **Alex Brown** each posted wins.

### Warren 6, Harlem 0

Blue Devils coach Vince DeSecki had plenty to celebrate as Warren shut out Dundee-Crown, Antioch and finally Harlem en route to a perfect quad last weekend in addition to first singles play-

er **Karina Kocemba** breaking a school record for individual wins with 116. In addition to Kocemba's milestone, **Julie Palmer**, **Alice Wang**, **Rachel Fallos**, **Allison Strakusek**, **Taylor Ackerman**, **Robyn Zullo** and **Isha Pandya** were all victorious in the quad.

## BOYS SOCCER

### Grayslake Central 4, Grant 0

The Rams (14-1-1, 7-0 Fox Valley) earned their 12th shutout of the season at the expense of the Bulldogs. Central goals were scored by **Colin Hutchins** with two scores while **Nolan Sandberg** and **Alex Anderson** added a goal apiece. Assists came from Hutchins and **Glenn Shurman**, while **Michael Davis** got two assists.

## COLLEGE

### GOLF: CLC 147, Elgin 149

The College of Lake County stayed a perfect 5-0 on the year. Antioch's **Tony DiPersio** shot a 72 while **Chad Koschmann**, **Brian Placzowski** and Waukegan's **Jonathan Duffie** all shot 74s.

### WOMEN'S SOCCER: CLC 6, Moraine Valley 2

Coach Dave Beck called the Lancers'

win against Moraine Valley "a slight let-down," but he can't argue with the results. Former Warren forward **Gina Orlando** scored three goals for 25 on the season while **Ashley Eddy**, Warren alum **Cassi Kita** and Mundelein's **Mel Rasor** all added goals for CLC (9-1, 7-0 conference).

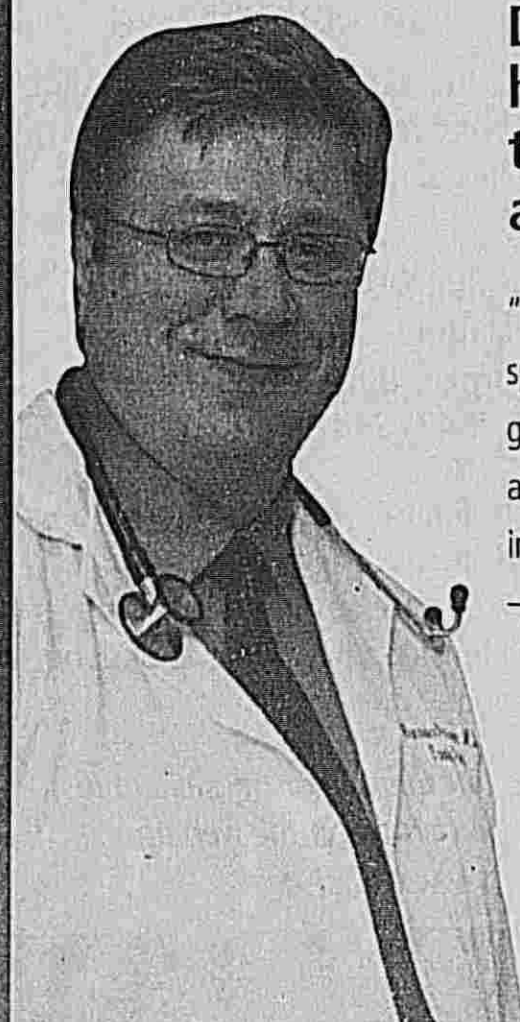
## WOMEN'S TENNIS

The Lancers put together an impressive string of victories, starting with a 5-4 win against Moraine Valley, followed by a 7-2 victory against Elgin, and finally a second-place finish at the Skyway Conference Tournament. In the tournament, **Rebecca Silva** won the tournament in No. 4 singles and No. 2 doubles with former Waukegan Bulldog **Arlyn Quitevis**. Former Carmel Corsair **Marisa Flore** captured the runner-up in No. 2 singles as the team ends the week at 6-1 and finishes Skyway action at 4-1.

### VOLLEYBALL: Moraine Valley 3, CLC 0

Lancers volleyball continues its woes, dropping to 1-4 in the conference and 2-9 overall after a tough 30-12, 30-18, 30-20 loss to Moraine Valley. CLC highlights included **Cassie Newton** and **Joanna Wolosz** turning in six kills apiece, while **Ashley Wisler** had 15 assists.

## Caring for the whole family, one member at a time.



Dr. Potermin has recently brought his expertise in family medicine to the Grayslake area and is currently accepting new patients.

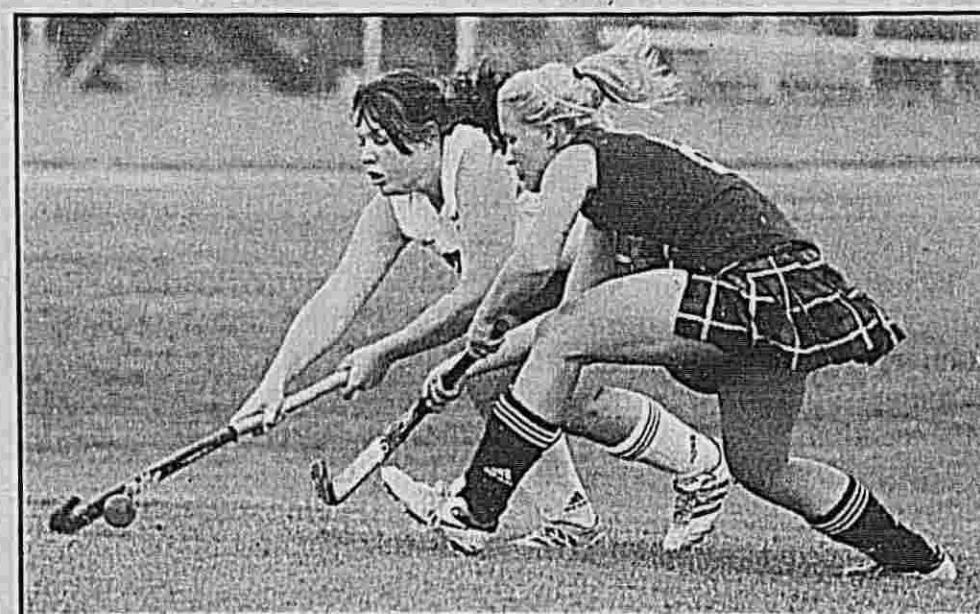
"Family medicine has such wonderful variety. In what other specialty could I provide care for the child, the mother, the grandfather, and the child to be born, all the while taking into account the genetic and social family dynamics which are so important to good medical care?"

— Alexander Potermin, M.D.

### Alexander Potermin, M.D.

Family Practice  
100 N. Atkinson Road, Suite 109  
Grayslake, Illinois 60085  
847-231-5300

## Up for grabs



Sandy Bressner - sbressner@nwnewsgroup.com

Amber Larsen of Lakes Community High School struggles for possession against Antioch's Candice Schmidt during a varsity field hockey game at Lakes. Lakes serves as both teams' home field.



Bob Ringa Jr.

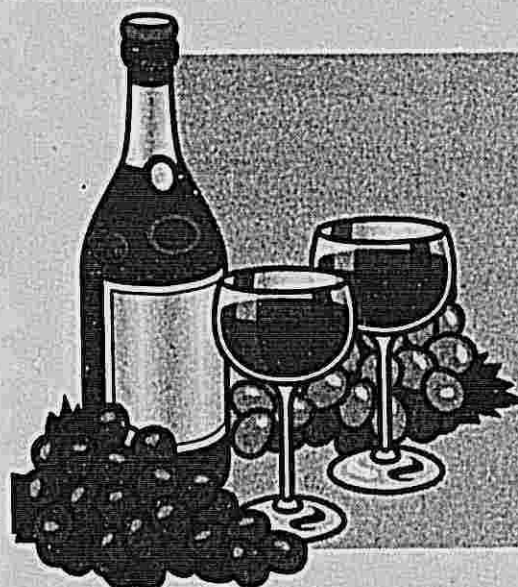
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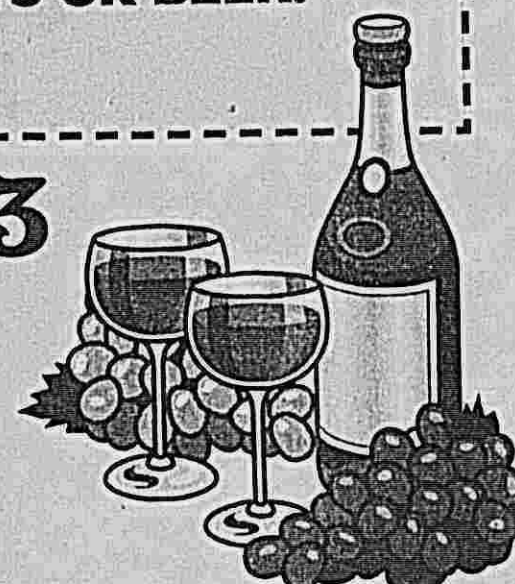
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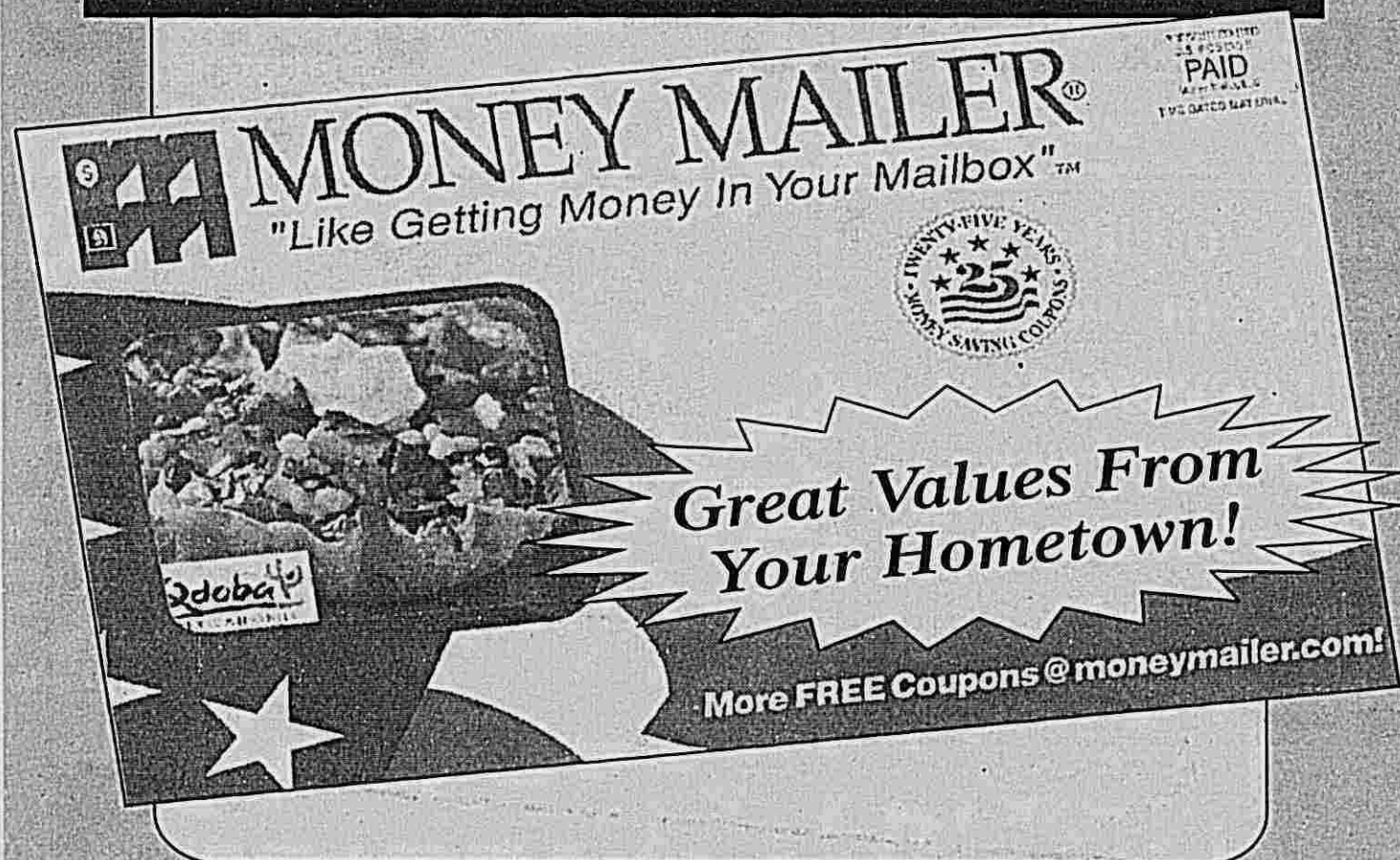
**Hours: Daily 9-9 • Sunday 9-5**

We reserve the right to limit quantities and correct printing errors

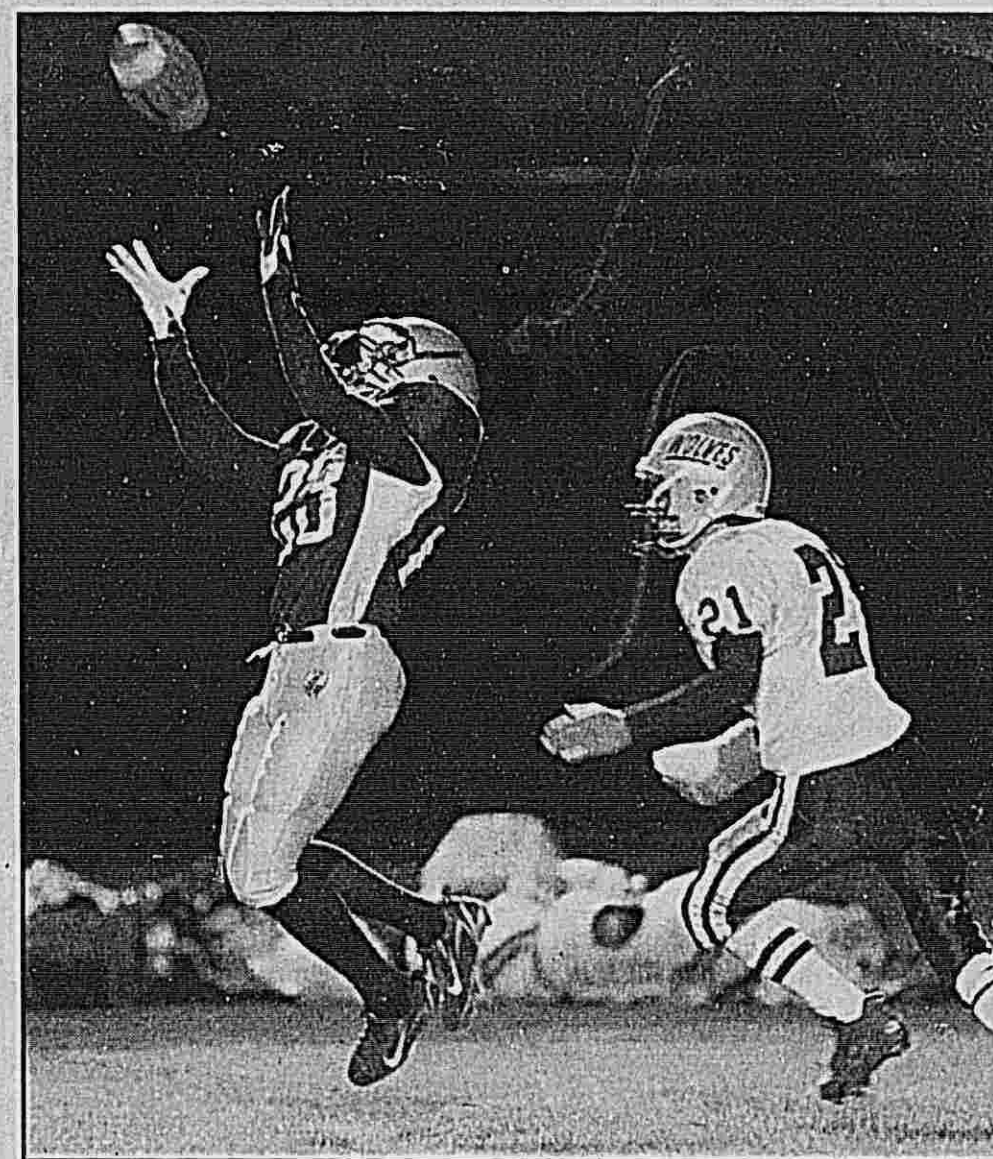




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## North 'W' out of reach



**Grayslake North's Ryan Hill goes up to catch the ball as Prairie Ridge's Jason Wodek squares up for the tackle during last Friday's homecoming game in Grayslake. North lost the game, 42-7.**



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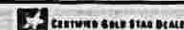
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## VOTER INFORMATION GUIDE

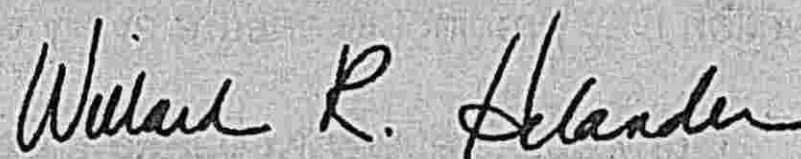
NOVEMBER 7, 2006

GENERAL ELECTION

### LEGAL NOTICE

NOTICE is hereby given that on Tuesday, November 7, 2006, at the listed polling places in the various precincts in Lake County, Illinois, a General Election will be held for the purpose of securing an expression of sentiment and will of the voters with respect to candidates for election and for the purpose of voting on certain propositions. The polls of said General Election shall be open continuously from 6:00 a.m. until 7:00 p.m. on Tuesday, November 7, 2006.

Dated at Waukegan, Illinois, October 6, 2006.



Willard R. Helander  
Lake County Clerk

### \*\*\*ACCESSIBLE VOTING\*\*\*

Lake County offers a ballot-marking system to provide privacy and accessibility to voters who are blind, vision-impaired, or have a disability or condition that would make it difficult or impossible to mark a ballot in the usual way. The system offers audio-ballots, enlarged ballot print, touch screen or keypad, sip-and-puff interface, and touch pads for limited mobility.

The accessible ballot-marking system is available in all early voting and Election Day polling locations in Lake County for the November 2006 election. For more information about accessible voting, call 847-377-2314 or visit our website at [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) to see a video on the ballot-marking system.

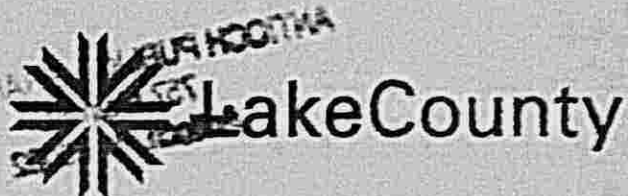
### \*\*\*EARLY VOTING\*\*\*

All Lake County voters are eligible to vote prior to Election Day and no longer need a reason or "excuse" to qualify. Any registered voter with a valid government issued photo ID may vote early. In an effort to provide equal access to voting, the Lake County Clerk's office is pleased to offer 23 sites for early voting.

To locate your early voting center(s), hours and contact information or for answers to frequently asked questions, turn to the back page (pg. 20) of this guide. Voters may also visit our website at [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) to see a picture and directions to Election Day polling places and early voting locations.

Visit our website at [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) to see the accessible ballot-marking system or to locate your Early Voting and Election Day polling places.





**Willard Rooks Helander  
Lake County Clerk**

18 North County Street, Room 101  
Waukegan, Illinois 60085-4364  
Phone 847 377 2400  
Fax 847 360 3608  
<http://www.co.lake.il.us/cntyckl>

Dear Lake County Voter:

We are pleased to provide this Voter Information Guide which lists all the candidates and referenda for the November 7, 2006 General Election. **We are excited to inform you about the new state law permitting any registered voter to vote early beginning 22 days prior to Election Day. Early voting for the November election begins October 16, 2006 and ends November 2, 2006.** The early voting locations are listed on the back page of this guide. All early voting locations and Election Day precincts in Lake County offer ADA accessible voter assist terminals which mark the ballot for the voter in private.

Several other improvements are planned, including election night coverage on LCTV and a new "face" to our web reporting. Election judges are being trained on "decision technology" available on laptops at each Election Day precinct to ensure every voter with special circumstances is processed correctly.

Our website at [www.co.lake.il.us/cntyckl](http://www.co.lake.il.us/cntyckl) offers verification that you are a registered voter by clicking on **"Am I registered to Vote?"**. You can see pictures of your polling place, directions and a map from your home. Just click on **"Where's My Polling Place?"**. You may select **"What's on my ballot?"** to see a specimen of your official ballot. You may also verify your early voting site(s) using the County Clerk's website or using this guide. This guide also lists all Election Day polling places by township and precinct number order. This guide may be taken into the voting booth with you.

Your red, white and blue voter card lists the federal, state and local districts for which you are entitled to vote. County and statewide offices common to all Lake County voters are not listed on your voter card. Use the local voting districts list to find the candidates and public questions which are applicable to you. If you cannot locate your voter card, call us at 847-377-2410 for assistance. Only persons who are registered to vote in Lake County may vote here. If you moved to Lake County and did not register here, you will not be able to vote on November 7.

All of us in the County Clerk's office are dedicated to providing you the best possible service. Please do not hesitate to call us at 847-377-2400, or use our TTY/TDD service at 847-377-2022, if you have questions or need clarification about the voting process on Election Day.

Very truly yours,

Willard R. Helander  
Lake County Clerk



# Information In This Guide

To use this guide, refer to the units of government and specified district numbers listed on your voter card. All referenda on the official ballots are listed in this guide.

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★★★

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★★★

Visit our website at  
[www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck)  
 to see a sample of your official ballot.  
 On our homepage, click on  
 "What's on My Ballot?"

I HEREBY CERTIFY THAT THE ABOVE IS A TRUE AND CORRECT COPY OF THE OFFICIAL LISTING OF THE OFFICES AND PROPOSITIONS TO BE VOTED UPON IN THE GENERAL ELECTION TO BE HELD IN LAKE COUNTY, ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
 WILLARD R. HELANDER, County Clerk  
 LAKE COUNTY, ILLINOIS





## Bill of Rights for Lake County Voters

You have the right to:

- 1** Cast your ballot in a non-disruptive atmosphere free of interference.
- 2** Vote if you're in line by 7 p.m.
- 3** Vote by provisional ballot if your registration is not found.
- 4** Vote at your old Lake County polling place if you have moved within 30 days of the election.
- 5** Request assistance in voting, if you qualify.
- 6** Bring newspaper endorsements or sample ballots into the voting booth, but take them with you when you finish voting.
- 7** Protect the secrecy of your ballot.
- 8** Receive a new ballot if you make a mistake or change your mind.
- 9** Screen your ballot after voting to ensure it's complete and correct.
- 10** Have your ballot counted fairly and impartially.
- !** If you believe these rights have been violated, call the Lake County Clerk's office at 847-377-2328.



# CANDIDATES

## STATE OF ILLINOIS

### FOR GOVERNOR/ LT. GOVERNOR (VOTE FOR ONE)

☐ (Judy Baar Topinka  
Joe Birkett  
Republican Party

☐ (Rod R. Blagojevich  
Pat Quinn  
Democratic Party

☐ (Rich Whitney  
Julie Samuels  
Green Party

☐ \_\_\_\_\_  
Write-In

### FOR ATTORNEY GENERAL (VOTE FOR ONE)

☐ Stewart Umholtz  
Republican Party

☐ Lisa Madigan  
Democratic Party

☐ David Black  
Green Party

☐ \_\_\_\_\_  
Write-In

### FOR SECRETARY OF STATE (VOTE FOR ONE)

☐ Dan Rutherford  
Republican Party

☐ Jesse White  
Democratic Party

☐ Karen "Young" Peterson  
Green Party

☐ \_\_\_\_\_  
Write-In

### FOR COMPTROLLER (VOTE FOR ONE)

☐ Carole Pankau  
Republican Party

☐ Daniel W. Hynes  
Democratic Party

☐ Alicia Snyder  
Green Party

☐ \_\_\_\_\_  
Write-In

### FOR TREASURER (VOTE FOR ONE)

☐ Christine Radogno  
Republican Party

☐ Alexander Giannoulis  
Democratic Party

☐ Dan Rodriguez Schlorff  
Green Party

☐ \_\_\_\_\_  
Write-In

## FEDERAL

### FOR REPRESENTATIVE IN CONGRESS- EIGHTH CONGRESSIONAL DISTRICT (VOTE FOR ONE)

☐ David McSweeney  
Republican Party

☐ Melissa Bean  
Democratic Party

☐ Bill Scheurer  
Moderate Party

☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN CONGRESS- TENTH CONGRESSIONAL DISTRICT (VOTE FOR ONE)

☐ Mark Steven Kirk  
Republican Party

☐ Daniel J. Seals  
Democratic Party

☐ \_\_\_\_\_  
Write-In

## STATE SENATOR

### FOR STATE SENATOR - TWENTY-SEVENTH LEGISLATIVE DISTRICT (VOTE FOR ONE)

☐ Matt Murphy  
Republican Party

☐ Peter Gutzmer  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR STATE SENATOR - THIRTIETH LEGISLATIVE DISTRICT (VOTE FOR ONE)

☐ Charles Fitzgerald  
Republican Party

☐ Terry Link  
Democratic Party

☐ \_\_\_\_\_  
Write-In

I HEREBY CERTIFY THAT THE ABOVE IS A TRUE AND CORRECT COPY  
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VOTED UPON IN THE GENERAL ELECTION TO BE HELD IN LAKE COUNTY,  
ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS



# CANDIDATES

## STATE SENATOR CONT'D

### FOR STATE SENATOR - THIRTY-FIRST LEGISLATIVE DISTRICT (VOTE FOR ONE)

- ☐ Suzanne D. Simpson  
Republican Party
- ☐ Michael Bond  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

## STATE REPRESENTATIVE

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY FIFTY-FIRST REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ Ed Sullivan, Jr.  
Republican Party
- ☐ Amanda Howland  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY FIFTY-SECOND REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ Mark H. Beaubien, Jr.  
Republican Party
- ☐ No Candidate  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY FIFTY-THIRD REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ Sidney H. Mathias  
Republican Party
- ☐ Michael MacDonald  
Democratic Party
- ☐ No Candidate  
Libertarian Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY FIFTY-EIGHTH REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ William M. Griffin  
Republican Party
- ☐ Karen May  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY FIFTY-NINTH REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ No Candidate  
Republican Party
- ☐ Kathleen A. Ryg  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY SIXTIETH REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ No Candidate  
Republican Party
- ☐ Eddie Washington  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY SIXTY-FIRST REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ JoAnn D. Osmond  
Republican Party
- ☐ No Candidate  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

### FOR REPRESENTATIVE IN THE GENERAL ASSEMBLY SIXTY-SECOND REPRESENTATIVE DISTRICT (VOTE FOR ONE)

- ☐ Sandy Cole  
Republican Party
- ☐ Sharyn I. Elman  
Democratic Party
- ☐ \_\_\_\_\_  
Write-In

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ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS



# CANDIDATES

## NORTH SHORE SANITARY DISTRICT

### FOR NORTH SHORE SANITARY DISTRICT TRUSTEE- WARD 1

(VOTE FOR ONE)

☐ John R. Paxton  
Republican Party

☐ Preston P. Carter  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR NORTH SHORE SANITARY DISTRICT TRUSTEE- WARD 4

(VOTE FOR ONE)

☐ James E. Swarthout  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

## LAKE COUNTY OFFICES

### FOR LAKE COUNTY CLERK (VOTE FOR ONE)

☐ Willard R. Helander  
Republican Party

☐ Sharon Narrod  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY TREASURER

(VOTE FOR ONE)

☐ Robert Skidmore  
Republican Party

☐ Glenn Ryback  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY SHERIFF (VOTE FOR ONE)

☐ Gary Del Re  
Republican Party

☐ Mark C. Curran, Jr.  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR REGIONAL SUPERINTENDENT OF SCHOOLS (VOTE FOR ONE)

☐ Roycealee J. Wood  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

## LAKE COUNTY BOARD MEMBERS

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 2 (VOTE FOR ONE)

☐ Randall Whitmore  
Republican Party

☐ Diane Hewitt  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 3 (VOTE FOR ONE)

☐ Suzi Schmidt  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 4 (VOTE FOR ONE)

☐ Brent C. Paxton  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

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ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS



# CANDIDATES

## LAKE COUNTY BOARD *cont'd*

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 7 (VOTE FOR ONE)

☐ Steve Carlson  
Republican Party

☐ Kurt Anderson  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 8 (VOTE FOR ONE)

☐ Edward Sabourin  
Republican Party

☐ Robert Sabonjian  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 9 (VOTE FOR ONE)

No Candidate  
Republican Party

☐ Mary A. Ross Cunningham  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 12 (VOTE FOR ONE)

No Candidate  
Republican Party

☐ Angelo D. Kyle  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 13 (VOTE FOR ONE)

☐ Susan Loving Gravenhorst  
Republican Party

☐ Carrie Travers  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 15 (VOTE FOR ONE)

☐ Carol Calabresa  
Republican Party

☐ Delfino "Del" Parra  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 17 (VOTE FOR ONE)

☐ Stevenson Mountsier  
Republican Party

☐ Steven P. Kirn  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 18 (VOTE FOR ONE)

☐ Pamela O. Newton  
Republican Party

☐ John Sonnenberg  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 19 (VOTE FOR ONE)

☐ Michael S. Talbett  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 20 (VOTE FOR ONE)

☐ David B. Stolman  
Republican Party

☐ Marc Tepper  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 21 (VOTE FOR ONE)

☐ Ann B. Maine  
Republican Party

No Candidate  
Democratic Party

☐ \_\_\_\_\_  
Write-In

### FOR LAKE COUNTY BOARD MEMBER - DISTRICT 22 (VOTE FOR ONE)

No Candidate  
Republican Party

☐ Carol Spielman  
Democratic Party

☐ \_\_\_\_\_  
Write-In

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WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS



# CANDIDATES

## LAKE COUNTY BOARD *cont'd*

FOR LAKE COUNTY BOARD MEMBER - DISTRICT 23  
(VOTE FOR ONE)

No Candidate  
Republican Party

☐ Anne Flanigan Bassi  
Democratic Party

☐ Write-In

## JUDGES OF THE CIRCUIT COURT

FOR JUDGE OF THE CIRCUIT  
COURT NINETEENTH JUDICIAL CIRCUIT  
(To fill additional Judgeship A)  
(VOTE FOR ONE)

☐ John T. Phillips  
Republican Party

No Candidate  
Democratic Party

☐ Write-In

FOR JUDGE OF THE CIRCUIT  
COURT NINETEENTH JUDICIAL CIRCUIT  
(To fill additional Judgeship B)  
(VOTE FOR ONE)

☐ Wallace B. Dunn  
Republican Party

No Candidate  
Democratic Party

☐ Write-In

FOR JUDGE OF THE CIRCUIT  
COURT NINETEENTH JUDICIAL CIRCUIT  
(To fill additional Judgeship C)  
(VOTE FOR ONE)

☐ George Bridges  
Republican Party

No Candidate  
Democratic Party

☐ Write-In

## JUDICIAL RETENTION

BALLOT FOR JUDICIAL CANDIDATES SEEKING  
RETENTION IN OFFICE

Vote on the Proposition with respect to all or any of the Judges listed on this ballot. No Judge listed is running against any other Judge. The sole question is whether each Judge shall be retained in his present office.

Shall each of the persons listed be retained in office as Judge of the Circuit Court, NINETEENTH JUDICIAL CIRCUIT?

Dave Hall

☐ YES  
☐ NO

Maureen P. McIntyre

☐ YES  
☐ NO

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*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS

## Information for Voters

### ! Electioneering prohibited

No person shall electioneer or solicit votes on Election Day within 100 feet of the entrance to where voting occurs in the polling place. Private schools, businesses, and places of worship may invoke further restrictions.

No person shall interrupt, hinder or oppose any voter who is approaching the polling place.

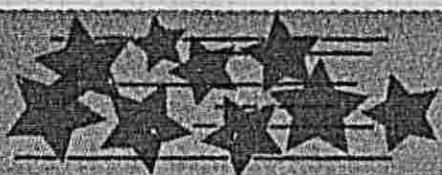
### ➡ Notice to first-time voters who register by mail

If you registered by mail and have not provided proof of identity, the first time you vote you are required to show valid identification with your name and address: IL driver's license, IL state ID, utility bill, imprinted check book or bank statement.

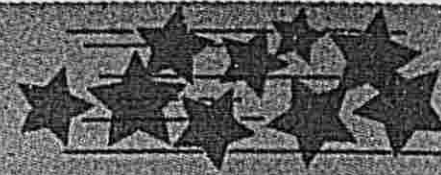
If you do not have any of these forms of ID, you are entitled to cast a provisional ballot. However, in order for your ballot to be counted, you must submit a copy of your ID to the Lake County Clerk's office by 5 p.m. on the second day after the election.

### ⊘ Smoking is not permitted in the polling place.





# REFERENDA



## CITY OF HIGHWOOD

### Proposition To Grant Home Rule Status To The City Of Highwood

Shall the City of Highwood, Lake County, Illinois become a home rule unit pursuant to Article VII Section 6(a) of the 1970 Illinois Constitution?

- ☐ YES  
☐ NO

## VILLAGE OF KILDEER

### Proposition To Adopt Article 3 Of The Illinois Pension Code

Shall the Village of Kildeer adopt Article 3 of the Illinois Pension Code pertaining to the creation of a Police Pension Fund?

- ☐ YES  
☐ NO

## VILLAGE OF VERNON HILLS

### Proposition To Amend The Municipal Code Of The Village Of Vernon Hills To Allow For The Appointment Of The Village Clerk

Shall the Village Clerk of the Village of Vernon Hills be appointed by the President with the advice and consent of the Board of Trustees by a majority vote of the Corporate Authorities for an indefinite term?

- ☐ YES  
☐ NO

## MORAIN TOWNSHIP

### An Advisory Question To Adopt An Open Primary Law In Illinois

Shall Illinois adopt an open primary law, allowing voters to cast a secret ballot in primary elections by eliminating the current requirement that voters publicly declare their party?

- ☐ YES  
☐ NO

## COMMUNITY UNIT SCHOOL DISTRICT #220

### Proposition To Issue \$87,500,000 School Building Bonds

Shall the Board of Education of Barrington Community Unit School District Number 220, Lake, Cook, Kane and McHenry Counties, Illinois, build and equip two school buildings, alter, repair and equip the Barrington Middle School Prairie Campus Building, build and equip an addition to and alter, repair and equip the Barrington Middle School Station Campus Building, improve school sites and issue bonds of said School District to the amount of \$87,500,000 for the purpose of paying the costs thereof?

- ☐ YES  
☐ NO

## COMMUNITY UNIT SCHOOL DISTRICT #220

### Proposition To Increase The Limiting Rate

Shall the limiting rate under the Property Tax Extension Limitation Law for Barrington Community Unit School District Number 220, Lake, Cook, Kane and McHenry Counties, Illinois, be increased by an additional amount equal to .15% above the limiting rate for levy year 2005 and be equal to 2.98% of the equalized assessed value of the taxable property therein for levy years 2006, 2007, 2008 and 2009?

- ☐ YES  
☐ NO

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$81,527,967, and the approximate amount of taxes extendable if the proposition is approved is \$85,849,237.

(2) For the 2006 levy year the approximate amount of the additional tax extendable against property containing a single family residence and having a fair market value at the time of the referendum of \$100,000 is estimated to be \$50.00 in Lake, Kane and McHenry Counties and \$24.00 in Cook County.

(3) Based upon an average annual percentage increase in the market value of such property of 5.24%, the approximate amount of the additional tax extendable against such property for the 2007 levy year is estimated to be \$102.06 in Lake, Kane and McHenry Counties and

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LAKE COUNTY, ILLINOIS





# REFERENDA



## COMMUNITY UNIT SCHOOL DISTRICT #220 CONT'D

\$48.97 in Cook County, for the 2008 levy is estimated to be \$156.83 in Lake, Kane and McHenry Counties and \$75.26 in Cook County and for the 2009 levy year is estimated to be \$214.50 in Lake, Kane and McHenry Counties and \$102.94 in Cook County.

(4) If the proposition is approved, the aggregate extension for 2006, 2007, 2008 and 2009 will be determined by the limiting rate set forth in the proposition, rather than the otherwise applicable limiting rate calculated under the provisions of the Property Tax Extension Limitation Law (commonly known as the Property Tax Cap Law).

## BIG HOLLOW SCHOOL DISTRICT #38

### Proposition To Increase The Limiting Rate

Shall the limiting rate under the Property Tax Extension Limitation Law for Big Hollow School District No. 38, Lake County, Illinois, be increased by an additional amount equal to 1.35% above the limiting rate for levy year 2005 and be equal to 3.173% of the equalized assessed value of the taxable property therein for levy years 2006, 2007, 2008, and 2009?

☐ YES  
☐ NO

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$6,233,875, and the approximate amount of taxes extendable if the proposition is approved is \$10,850,294.

(2) For the 2006 levy year the approximate amount of the additional tax extendable against property containing a single family residence and having a fair market value at the time of the referendum of \$100,000 is estimated to be \$450.

(3) Based upon an average annual percentage increase in the market value of such property of 6.1%, the approximate amount of the additional tax extendable against such property for the 2007 levy year is estimated to be \$477, for the 2008 levy year is estimated to be \$506, and for the 2009 levy year is estimated to be \$537.

(4) If the proposition is approved, the aggregate extension for the levy years 2006, 2007, 2008 and 2009 will be determined by the limiting rate set forth in the proposition, rather than the otherwise applicable limiting rate calculated under the provisions of the Property Tax Extension Limitation Law (commonly known as the Property Tax Cap Law).

## LINCOLNSHIRE-PRAIRIE VIEW SCH DIST #103

### Proposition To Increase Limiting Rate

Shall the limiting rate under the Property Tax Extension Limitation Law for Lincolnshire-Prairie View School District Number 103, Lake County, Illinois, be increased by an additional amount equal to .38% above the limiting rate for levy year 2005 and be equal to 2.087% of the equalized assessed value of the taxable property therein for levy year(s) 2006, 2007, 2008, and 2009.

☐ YES  
☐ NO

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$16,331,517, and the approximate amount of taxes extendable if the proposition is approved is \$19,967,122.

(2) For the 2006 levy year the approximate amount of additional tax extendable against property containing a single family residence having a fair market value at the time of the referendum of \$100,000 is estimated to be \$127.84.

(3) Based on an average annual percentage increase in the market value of such property of 5.20%, the approximate amount of this additional tax extendable against such property for the 2007 levy year is estimated to be \$133.86, and for the 2008 levy year is estimated to be \$140.83, and for the levy year 2009 is estimated to be \$148.16.

(4) If the proposition is approved, the aggregate extension for 2006, 2007, 2008, and 2009 will be determined by the limiting rate set forth in the proposition, rather than the otherwise applicable limiting rate calculated under the provisions of the Tax Extension Limitation Law (commonly known as the Property Tax Cap Law).

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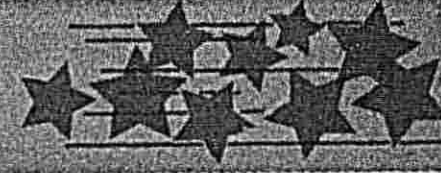


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LAKE COUNTY, ILLINOIS





# REFERENDA



## WINTHROP HARBOR SCHOOL DISTRICT #1

### Proposition To Increase The Limiting Rate

Shall the limiting rate under the Property Tax Extension Limitation Law for Winthrop Harbor School District Number 1, Lake County, Illinois, be increased by an additional amount equal to .45% above the limiting rate for levy year 2005 and be equal to 2.555% of the equalized assessed value of the taxable property therein for levy year 2006?

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$2,923,158, and the approximate amount of taxes extendable if the proposition is approved is \$3,548,061.

(2) For the 2006 levy year the approximate amount of the additional tax extendable against property containing a single family residence and having a fair market value at the time of the referendum of \$100,000 is estimated to be \$150.00.

(3) If the proposition is approved, the aggregate extension for 2006 will be determined by the limiting rate set forth in the proposition, rather than the otherwise applicable limiting rate calculated under the provisions of the Property Tax Extension Limitation Law (commonly known as the Property Tax Cap Law).

☐ YES  
☐ NO

## LAKE FOREST COMMUNITY HIGH SCH DIST #115

### Proposition To Issue \$54,000,000 School Building Bonds

Shall the Board of Education of Lake Forest Community High School District Number 115, Lake County, Illinois, build and equip additions to, improve and equip the site of and alter, repair, renovate and equip the Lake Forest High School Building (East Campus), including providing additional classrooms and laboratories and security, life safety and technology improvements, improve and equip the site of and alter, repair and equip the Lake Forest High School Building (West Campus) to renovate a portion of the fields and facilities and issue bonds of said School District up to the amount of \$54,000,000 for the purpose of paying the costs thereof?

☐ YES  
☐ NO

## MUNDELEIN CONS. HIGH SCHOOL DIST #120

### Proposition To Increase The Limiting Rate

Shall the limiting rate under the Property Tax Extension Limitation Law for Mundelein Consolidated High School District Number 120, Lake County, Illinois, be increased by an additional amount equal to .24% above the limiting rate for levy year 2005 and be equal to 1.916% of the equalized assessed value of the taxable property therein for levy years 2006, 2007, 2008 and 2009?

☐ YES  
☐ NO

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$20,371,452, and the approximate amount of taxes extendable if the proposition is approved is \$23,288,605.

(2) For the 2006 levy year the approximate amount of the additional tax extendable against property containing a single family residence and having a fair market value at the time of the referendum of \$100,000 is estimated to be \$80.00.

(3) Based upon an average annual percentage increase in the market value of such property of 6.07%, the approximate amount of the additional tax extendable against such property for the 2007 levy year is estimated to be \$118.76, for the 2008 levy is estimated to be \$159.88 and for the 2009 levy year is estimated to be \$203.49.

(4) If the proposition is approved, the aggregate extension for 2006, 2007, 2008 and 2009 will be determined by the limiting rate set forth in the proposition, rather than the otherwise applicable limiting rate calculated under the provisions of the Property Tax Extension Limitation Law (commonly known as the Property Tax Cap Law).

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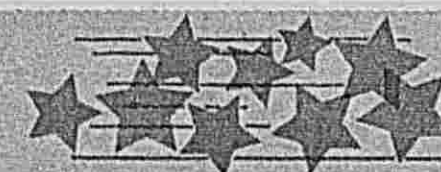


*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





# REFERENDA



## CARY FIRE PROTECTION DISTRICT

### Proposition To Create A New Tax Rate For Ambulance Purposes

Shall the Cary Fire Protection District, McHenry and Lake Counties, Illinois, be authorized to levy a new tax for ambulance purposes pursuant to the Fire Protection District Act and have an additional tax of .10% of the equalized assessed value of the taxable property therein extended for such purposes?

- ☐ YES  
☐ NO

(1) The approximate amount of taxes extendable at the most recently extended limiting rate is \$2,160,810, and the approximate amount of taxes extendable if the proposition is approved is \$2,999,960.

(2) For the 2006 levy year the approximate amount of the additional tax extendable against property containing a single family residence and having a fair market value at the time of the referendum of \$100,000 is estimated to be \$33.34.

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LAKE COUNTY, ILLINOIS



## Lake County Health Department Plans Public Health Emergency Response

The County Clerk's office has partnered with the Health Department to develop an innovative concept to implement in the event of a public health emergency. The conceptual plan involves utilizing the county's 200+ voting locations as points of distribution for medication. Lake County residents would have their head of household report to their assigned polling place in an emergency to receive medication for all members in their household.

### There are many advantages to this plan:

- *Most people are familiar with their local polling place*
- *Identifying a large number of distribution sites reduces overcrowding at locations*
- *Neighborhood polling place is easy to find (visit [www.co.lake.il.us/cntyckl](http://www.co.lake.il.us/cntyckl) for picture and directions) and convenient for residents*

Support for this project has been widespread from local officials, including police and fire chiefs, mayors, school superintendents, and polling place managers. While the plan is still in the development stage, the Health Department will provide additional details to the public in the near future. For questions or concerns regarding this plan, please contact Lake County Health Department, Emergency Response Coordinator, Ron Grant at (847) 377-8329.





# POLLING PLACE LOCATIONS



Locate your precinct number @ [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) or on your voter card. Refer to the list below for your precinct polling place and address.

\*\*\*\*\*

Recent polling place changes are indicated by bold type.

No.	Location	Address	Village/City	No.	Location	Address	Village/City
<b>ANTIOCH TOWNSHIP</b>				<b>AVON TOWNSHIP Cont.</b>			
001	Antioch Upper Grade School	800 Highview Dr.	Antioch	043	Faith Baptist Church	954 Brae Loch Rd.	Grayslake
002	Antioch Upper Grade School	800 Highview Dr.	Antioch	044	Faith Baptist Church	954 Brae Loch Rd.	Grayslake
003	Antioch Upper Grade School	800 Highview Dr.	Antioch	045	Byron Colby Barn	1561 Jones Point Rd.	Grayslake
004	Antioch Upper Grade School	800 Highview Dr.	Antioch	046	Grayslake Village Hall	10 S. Seymour Ave.	Grayslake
005	Antioch Elementary School	817 N. Main St.	Antioch	047	St. Gilbert's Parish Hall	301 E. Belvidere Rd.	Grayslake
006	Antioch Elementary School	817 N. Main St.	Antioch	048	Shepherd of the Lakes Lutheran Church	285 E. Washington St.	Grayslake
007	Antioch Elementary School	817 N. Main St.	Antioch	049	Magee Middle School	500 N. Cedar Lake Rd.	Round Lake
008	Emmons School	24226 W. Beach Grove Rd.	Antioch	050	Murphy Elementary School	220 N. Greenwood Dr.	Round Lake Park
009	Antioch Community High School	1133 Main St.	Antioch	449	Faith Baptist Church	954 Brae Loch Rd.	Grayslake
010	Antioch Community High School	1133 Main St.	Antioch	450	<b>Grayslake High School-North</b>	<b>1925 N. Hwy 83</b>	<b>Grayslake</b>
011	Antioch Community High School	1133 Main St.	Antioch	451	Grayslake Public Library	100 Library Ln.	Grayslake
012	Emmons School	24226 W. Beach Grove Rd.	Antioch	452	Murphy Elementary School	220 N. Greenwood Dr.	Round Lake Park
013	Emmons School	24226 W. Beach Grove Rd.	Antioch	461	<b>Ellis School</b>	<b>720 W. Central Park Dr.</b>	<b>Round Lake Beach</b>
014	Antioch Golf Club	40150 N. Route 59	Antioch	462	<b>St. Gilbert's Parish Hall</b>	<b>301 E. Belvidere Rd.</b>	<b>Grayslake</b>
015	Grass Lake School	26177 W. Grass Lake Rd.	Antioch	463	<b>Magee Middle School</b>	<b>500 N. Cedar Lake Rd.</b>	<b>Round Lake</b>
016	Grass Lake School	26177 W. Grass Lake Rd.	Antioch	<b>BENTON TOWNSHIP</b>			
017	Lutheran Church of All Saints	5800 State Park Rd.	Fox Lake	051	Schlader Memorial Rec. Center	2700 9th St.	Winthrop Harbor
018	Lutheran Church of All Saints	5800 State Park Rd.	Fox Lake	052	Schlader Memorial Rec. Center	2700 9th St.	Winthrop Harbor
459	<b>CrossView Church</b>	<b>750 Highview Dr.</b>	<b>Antioch</b>	053	North Point Community Christian Church	900 N. Lewis Ave.	Winthrop Harbor
460	<b>Antioch Golf Club</b>	<b>40150 N. Route 59</b>	<b>Antioch</b>	054	North Point Community Christian Church	900 N. Lewis Ave.	Winthrop Harbor
<b>AVON TOWNSHIP</b>				055	Schlader Memorial Rec. Center	2700 9th St.	Winthrop Harbor
019	Beach Haven Tower	730 Golfview Dr.	Round Lake Beach	056	Schlader Memorial Rec. Center	2700 9th St.	Winthrop Harbor
020	Beach Haven Tower	730 Golfview Dr.	Round Lake Beach	057	Village of Beach Park	11270 W. Wadsworth Rd.	Beach Park
021	Cedar Villas	1899 N. Cedar Lake Rd.	Round Lake Beach	058	Kenneth Murphy School	11315 W. Wadsworth Rd.	Beach Park
022	Cedar Villas	1899 N. Cedar Lake Rd.	Round Lake Beach	059	Oak Crest School (formerly Beach Park)	38550 N. Lewis Ave.	Beach Park
023	Beach Haven Tower	730 Golfview Dr.	Round Lake Beach	060	Kenneth Murphy School	11315 W. Wadsworth Rd.	Beach Park
024	Ellis School	720 W. Central Park Dr.	Round Lake Beach	061	Kenneth Murphy School	11315 W. Wadsworth Rd.	Beach Park
025	Ellis School	720 W. Central Park Dr.	Round Lake Beach	062	Village of Beach Park	11270 W. Wadsworth Rd.	Beach Park
026	Round Lake Beach Village Hall	1937 N. Municipal Way	Round Lake Beach	063	Village of Beach Park	11270 W. Wadsworth Rd.	Beach Park
027	Round Lake Beach Village Hall	1937 N. Municipal Way	Round Lake Beach	064	Oak Crest School (formerly Beach Park)	38550 N. Lewis Ave.	Beach Park
028	<b>Grayslake High School-North</b>	<b>1925 N. Hwy 83</b>	<b>Grayslake</b>	<b>CUBA TOWNSHIP</b>			
029	Grayslake Public Library	100 Library Ln.	Grayslake	065	Lake Barrington Municipal Center	23860 N. Old Barrington Rd.	Lake Barrington
030	Grayslake Public Library	100 Library Ln.	Grayslake	066	Tower Lakes Village Office	400 N. Hwy. 59	Tower Lakes
031	Shepherd of the Lakes Lutheran Church	285 E. Washington St.	Grayslake	067	North Barrington School	310 N. Hwy. 59	Barrington
032	Avon Township Office	433 E. Washington St.	Round Lake Park	068	Lake Barrington Shores Rec. Center	64 Old Barn Rd.	Lake Barrington
033	Magee Middle School	500 N. Cedar Lake Rd.	Round Lake	069	Lake Barrington Shores Rec. Center	64 Old Barn Rd.	Lake Barrington
034	Ellis School	720 W. Central Park Dr.	Round Lake Beach	070	Cuba Township Garage	440 W. Cuba Rd.	Barrington
035	Magee Middle School	500 N. Cedar Lake Rd.	Round Lake	071	Cuba Township Garage	440 W. Cuba Rd.	Barrington
036	Murphy Elementary School	220 N. Greenwood Dr.	Round Lake Park	072	Lake Barrington Municipal Center	23860 N. Old Barrington Rd.	Lake Barrington
037	Murphy Elementary School	220 N. Greenwood Dr.	Round Lake Park	073	North Barrington School	310 N. Hwy. 59	Barrington
038	Avon Township Office	433 E. Washington St.	Round Lake Park	074	Barrington Park Dist. (Langendorf)	235 Lions Dr.	Barrington
039	Grayslake High School-Central	400 N. Lake St.	Grayslake	075	Cuba Township Garage	440 W. Cuba Rd.	Barrington
040	Grayslake High School-Central	400 N. Lake St.	Grayslake	076	Barrington Park Dist. (Langendorf)	235 Lions Dr.	Barrington
041	Grayslake Village Hall	10 S. Seymour Ave.	Grayslake	077	Barrington Park Dist. (Langendorf)	235 Lions Dr.	Barrington
042	Brae Loch Country Club	33600 N. Hwy. 45	Grayslake				

I HEREBY CERTIFY THAT THE ABOVE IS A TRUE AND CORRECT LISTING OF THE POLLING PLACE LOCATIONS FOR THE GENERAL ELECTION TO BE HELD IN LAKE COUNTY, ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





# POLLING PLACE LOCATIONS



Locate your precinct number @ [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) or on your voter card. Refer to the list below for your precinct polling place and address.

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No.	Location	Address	Village/City	No.	Location	Address	Village/City
<b>CUBA TOWNSHIP Cont.</b>				<b>FREMONT TOWNSHIP Cont.</b>			
453	North Barrington School	310 N. Hwy. 59	Barrington	116	Community Protestant Church	418 N. Prairie Ave.	Mundelein
<b>ELA TOWNSHIP</b>				117	Fremont Public Library	1170 N. Midlothian Rd.	Mundelein
078	Old Lake Zurich Middle School North	100 Church St.	Lake Zurich	118	<b>Mundelein Fire Department</b>	<b>1000 N. Midlothian Rd.</b>	<b>Mundelein</b>
079	Old Lake Zurich Middle School North	100 Church St.	Lake Zurich	119	Mundelein Community Center	1401 Midlothian Rd.	Mundelein
080	Village of Hawthorn Woods Barn	2 Lagoon Dr.	Hawthorn Woods	120	Fremont Public Library	1170 N. Midlothian Rd.	Mundelein
081	Village of Hawthorn Woods Barn	2 Lagoon Dr.	Hawthorn Woods	121	<b>Fremont Public Library</b>	<b>1170 N. Midlothian Rd.</b>	<b>Mundelein</b>
082	Village of Hawthorn Woods Barn	2 Lagoon Dr.	Hawthorn Woods	122	Mundelein Community Center	1401 Midlothian Rd.	Mundelein
083	Quentin Road Bible Baptist Church	60 Quentin Rd.	Lake Zurich	123	Byron Colby Barn	1561 Jones Point Rd.	Grayslake
084	Quentin Road Bible Baptist Church	60 Quentin Rd.	Lake Zurich	455	The Chapel	25270 W. Highway 60	Grayslake
085	Quentin Road Bible Baptist Church	60 Quentin Rd.	Lake Zurich	464	<b>Lake County Discovery Museum</b>	<b>27277 N. Forest Preserve Rd.</b>	<b>Wauconda</b>
086	<b>Old Lake Zurich Middle School North</b>	<b>100 Church St.</b>	<b>Lake Zurich</b>	465	<b>Mundelein Fire Department</b>	<b>1000 N. Midlothian Rd.</b>	<b>Mundelein</b>
087	<b>Old Lake Zurich Middle School North</b>	<b>100 Church St.</b>	<b>Lake Zurich</b>	<b>GRANT TOWNSHIP</b>			
088	Lake Zurich Park Barn	200 S. Rand Rd.	Lake Zurich	124	Fox Lake Community Center	23 South St.	Fox Lake
089	Lake Zurich Park Barn	200 S. Rand Rd.	Lake Zurich	125	Fox Lake Community Center	23 South St.	Fox Lake
090	Lake Zurich Park Barn	200 S. Rand Rd.	Lake Zurich	126	Fox Lake Community Center	23 South St.	Fox Lake
091	Lake Zurich Park Barn	200 S. Rand Rd.	Lake Zurich	127	Grant Community High School	285 E. Grand Ave.	Fox Lake
092	Lake Zurich Police Department	200 Mohawk Trail	Lake Zurich	128	Grant Community High School	285 E. Grand Ave.	Fox Lake
093	Ela Area Public Library	275 Mohawk Trail	Lake Zurich	129	Fox Lake Volunteer Fire Department	114 Washington St.	Ingleside
094	Ela Area Public Library	275 Mohawk Trail	Lake Zurich	130	Fox Lake Volunteer Fire Department	114 Washington St.	Ingleside
095	Buffalo Creek Facility	675 Old Mill Grove Rd.	Lake Zurich	131	Trinity Lutheran Church	25519 W. Hwy. 134	Ingleside
096	Buffalo Creek Facility	675 Old Mill Grove Rd.	Lake Zurich	132	Trinity Lutheran Church	25519 W. Hwy. 134	Ingleside
097	Reed-Turner Woodland Nature Center	3849 Old McHenry Rd.	Long Grove	133	Big Hollow School	34699 N. Hwy. 12	Ingleside
098	Alden-Long Grove Nursing Center	2308 Old Hicks Rd.	Long Grove	134	Big Hollow School	34699 N. Hwy. 12	Ingleside
099	Peace Lutheran Church	1050 S. Old Rand Rd.	Lake Zurich	135	Big Hollow School	34699 N. Hwy. 12	Ingleside
100	Peace Lutheran Church	1050 S. Old Rand Rd.	Lake Zurich	136	Grant Township Office	26725 W. Molitor Rd.	Ingleside
101	<b>Deer Park Village Hall Barn</b>	<b>23680 W. Cuba Rd.</b>	<b>Deer Park</b>	137	Grant Township Office	26725 W. Molitor Rd.	Ingleside
102	Peace Lutheran Church	1050 S. Old Rand Rd.	Lake Zurich	456	Grant Township Office	26725 W. Molitor Rd.	Ingleside
103	Peace Lutheran Church	1050 S. Old Rand Rd.	Lake Zurich	466	<b>Fox Lake Community Center</b>	<b>23 South St.</b>	<b>Fox Lake</b>
104	<b>Deer Park Village Hall Barn</b>	<b>23680 W. Cuba Rd.</b>	<b>Deer Park</b>	467	Trinity Lutheran Church	25519 W. Hwy. 134	Ingleside
105	Barrington Park Dist. (Langendorf)	235 Lions Dr.	Barrington	468	Grant Township Office	26725 W. Molitor Rd.	Ingleside
446	Lake Zurich Police Department	200 Mohawk Trail	Lake Zurich	<b>LAKE VILLA TOWNSHIP</b>			
454	<b>Old Lake Zurich Middle School North</b>	<b>100 Church St.</b>	<b>Lake Zurich</b>	138	Antioch Golf Club	40150 N. Route 59	Antioch
<b>FREMONT TOWNSHIP</b>				139	Lake Villa Township Center	37908 N. Fairfield Rd.	Lake Villa
106	Fremont Township Center	22376 W. Erhart Rd.	Mundelein	140	Lake Villa Township Center	37908 N. Fairfield Rd.	Lake Villa
107	Fremont Township Center	22376 W. Erhart Rd.	Mundelein	141	Cedar Village	310 N. Milwaukee Ave.	Lake Villa
108	Fremont Township Center	22376 W. Erhart Rd.	Mundelein	142	Lake Villa Township Center	37908 N. Fairfield Rd.	Lake Villa
109	Fremont Middle School	28855 N. Fremont Ctr. Rd.	Mundelein	143	Lake Villa Methodist Church	110 McKinley Ave.	Lake Villa
110	<b>Mundelein Senior Citizens Center</b>	<b>1200 Regent Dr.</b>	<b>Mundelein</b>	144	Calvary Christian Church/School	134 Monaville Rd.	Lake Villa
111	<b>Mundelein Senior Citizens Center</b>	<b>1200 Regent Dr.</b>	<b>Mundelein</b>	145	Calvary Christian Church/School	134 Monaville Rd.	Lake Villa
112	Mundelein Senior Citizens Center	1200 Regent Dr.	Mundelein	146	Calvary Christian Church/School	134 Monaville Rd.	Lake Villa
113	Mundelein Senior Citizens Center	1200 Regent Dr.	Mundelein	147	<b>NorStates Bank</b>	<b>1777 N. Cedar Lake Rd.</b>	<b>Round Lake Beach</b>
114	Community Protestant Church	418 N. Prairie Ave.	Mundelein	<b>(formerly First State Bank of Round Lake)</b>			
115	Mundelein Senior Citizens Center	1200 Regent Dr.	Mundelein	148	Venetian Village Civic Center	37300 N. Capillo Ave.	Lake Villa
				149	Venetian Village Civic Center	37300 N. Capillo Ave.	Lake Villa

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*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





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<b>LAKE VILLA TOWNSHIP Cont.</b>				<b>LIBERTYVILLE TOWNSHIP Cont.</b>			
150	Trinity United Methodist Church	101 S. Beck Rd.	Lindenhurst	190	White Deer Run Golf Club	250 W. Greggs Pkwy.	Vernon Hills
151	Millburn C.C. School	18550 W. Millburn Rd.	Old Mill Creek	<b>191</b>	<b>Evangelical Free Church</b>	<b>431 W. Austin Ave.</b>	<b>Libertyville</b>
152	Trinity United Methodist Church	101 S. Beck Rd.	Lindenhurst	192	Evangelical Free Church	431 W. Austin Ave.	Libertyville
<b>153</b>	<b>St. Mark Lutheran Church</b>	<b>1822 E. Grand Ave</b>	<b>Lindenhurst</b>	193	White Deer Run Golf Club	250 W. Greggs Pkwy.	Vernon Hills
154	Lake Villa District Library	1001 E. Grand Ave.	Lake Villa	194	Vernon Hills Park Dist. (Sullivan Ctr.)	635 N. Aspen Dr.	Vernon Hills
155	Victory Lakes Continuing Care Ctr.	1055 E. Grand Ave.	Lindenhurst	<b>195</b>	<b>Hawthorn School District 73</b>	<b>841 W. End Ct.</b>	<b>Vernon Hills</b>
156	Cedar Village	310 N. Milwaukee Ave.	Lake Villa	196	Lakeview Presbyterian Church	1100 Lakeview Pkwy.	Vernon Hills
157	Lake Villa District Library	1001 E. Grand Ave.	Lake Villa	197	Spring Meadows	901 Florsheim Dr.	Libertyville
158	Oakland Elementary School	22018 W. Grass Lake Rd.	Antioch	198	Spring Meadows	901 Florsheim Dr.	Libertyville
159	Oakland Elementary School	22018 W. Grass Lake Rd.	Antioch	199	Christ Church Lake Forest	100 N. Waukegan Rd.	Lake Forest
160	Oakland Elementary School	22018 W. Grass Lake Rd.	Antioch	<b>472</b>	<b>White Deer Run Golf Club</b>	<b>250 W. Greggs Pkwy.</b>	<b>Vernon Hills</b>
161	St. Mark Lutheran Church	1822 E. Grand Ave.	Lindenhurst	<b>473</b>	<b>White Deer Run Golf Club</b>	<b>250 W. Greggs Pkwy.</b>	<b>Vernon Hills</b>
162	St. Mark Lutheran Church	1822 E. Grand Ave.	Lindenhurst	<b>474</b>	<b>Lakeview Presbyterian Church</b>	<b>1100 Lakeview Pkwy.</b>	<b>Vernon Hills</b>
447	Health and Fitness Institute	3098 Falling Waters Blvd.	Lindenhurst	<b>MORaine TOWNSHIP</b>			
469	Lake Villa Township Center	37908 N. Fairfield Rd.	Lake Villa	200	Woodlands Academy	760 E. Westleigh Rd.	Lake Forest
470	Calvary Christian Church/School	134 Monaville Rd.	Lake Villa	201	Woodlands Academy	760 E. Westleigh Rd.	Lake Forest
471	NorStates Bank	1777 N. Cedar Lake Rd.	Round Lake Beach	202	Don Skrinar Recreation Center	428 Green Bay Rd.	Highwood
(formerly First State Bank of Round Lake)				203	Northwood Jr. High School	945 North Ave.	Highland Park
<b>LIBERTYVILLE TOWNSHIP</b>				204	Northwood Jr. High School	945 North Ave.	Highland Park
163	Libertyville Manor Extended Care	610 Peterson Rd.	Libertyville	205	Don Skrinar Recreation Center	428 Green Bay Rd.	Highwood
164	Oak Grove School	1700 S. O'Plaine Rd.	Green Oaks	206	Don Skrinar Recreation Center	428 Green Bay Rd.	Highwood
165	Oak Grove School	1700 S. O'Plaine Rd.	Green Oaks	207	Highland Park High School	433 Vine Ave.	Highland Park
166	Lambs Farm Country Inn	14245 W. Rockland Rd.	Green Oaks	208	Elm Place School	2031 Sheridan Rd.	Highland Park
167	Oak Grove School	1700 S. O'Plaine Rd.	Green Oaks	209	Highland Park Administration Bldg.	1040 Park Ave. West	Highland Park
168	Libertyville Manor Extended Care	610 Peterson Rd.	Libertyville	210	Highland Park High School	433 Vine Ave.	Highland Park
169	Libertyville Civic Center	135 W. Church St.	Libertyville	211	Highland Park Administration Bldg.	1040 Park Ave. West	Highland Park
170	Libertyville Township Office	359 Merrill Ct.	Libertyville	212	Redeemer Lutheran Church	1731 Deerfield Rd.	Highland Park
171	Libertyville Manor Extended Care	610 Peterson Rd.	Libertyville	213	Lincoln School	711 Lincoln Ave. West	Highland Park
172	Libertyville Township Office	359 Merrill Ct.	Libertyville	214	Lincoln School	711 Lincoln Ave. West	Highland Park
173	Lake County Ctr. for Independent Living	377 N. Seymour Ave.	Mundelein	215	Peers Building	400 Central Ave.	Highland Park
<b>174</b>	<b>St. John's Lutheran Church</b>	<b>501 W. Park Ave.</b>	<b>Libertyville</b>	216	Lincoln School	711 Lincoln Ave. West	Highland Park
175	Libertyville Civic Center	135 W. Church St.	Libertyville	217	Ravinia School	763 Dean Ave.	Highland Park
176	Libertyville Civic Center	135 W. Church St.	Libertyville	218	Edgewood Middle School	929 Edgewood Rd.	Highland Park
177	Oak Grove School	1700 S. O'Plaine Rd.	Green Oaks	219	Edgewood Middle School	929 Edgewood Rd.	Highland Park
178	Rondout School	28593 N. Bradley Rd.	Lake Forest	220	West Ridge Center	636 Ridge Rd.	Highland Park
179	Rondout School	28593 N. Bradley Rd.	Lake Forest	221	Red Oak School	530 Red Oak Ln.	Highland Park
180	Lambs Farm Country Inn	14245 W. Rockland Rd.	Green Oaks	222	Red Oak School	530 Red Oak Ln.	Highland Park
181	Harris Bank, Libertyville	890 S. Milwaukee Ave.	Libertyville	223	West Ridge Center	636 Ridge Rd.	Highland Park
182	Riverside Park Clubhouse	870 Country Club Dr.	Libertyville	224	West Ridge Center	636 Ridge Rd.	Highland Park
183	Evangelical Free Church	431 W. Austin Ave.	Libertyville	225	Lakeside Congregation	1221 County Line Rd.	Highland Park
<b>184</b>	<b>St. John's Lutheran Church</b>	<b>501 W. Park Ave.</b>	<b>Libertyville</b>	226	Highland Park (Ravinia) Train Station	700 St. John's Ave.	Highland Park
<b>185</b>	<b>St. John's Lutheran Church</b>	<b>501 W. Park Ave.</b>	<b>Libertyville</b>	227	Ravinia Festival and Park	201 St. John's Ave.	Highland Park
186	Lake County Ctr. for Independent Living	377 N. Seymour Ave.	Mundelein	228	Ravinia School	763 Dean Ave.	Highland Park
187	St. Andrew's Lutheran Church	10 S. Lake St.	Mundelein	229	Ravinia Festival and Park	201 St. John's Ave.	Highland Park
188	St. Andrew's Lutheran Church	10 S. Lake St.	Mundelein	<b>NEWPORT TOWNSHIP</b>			
189	New Hope Christian Fellowship	1401 Lake St.	Mundelein	230	Newport School	15872 W. 21st St.	Wadsworth
(formerly Century Assembly of God)				231	Millburn C.C. School	18550 W. Millburn Rd.	Old Mill Creek
				<b>232</b>	<b>Cornerstone Community Church</b>	<b>40413 N. Delany Rd.</b>	<b>Wadsworth</b>
				<b>233</b>	<b>Cornerstone Community Church</b>	<b>40413 N. Delany Rd.</b>	<b>Wadsworth</b>
				<b>NEWPORT TOWNSHIP Cont.</b>			

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*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





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234	Cornerstone Community Church	40413 N. Delany Rd.	Wadsworth	281	Chevy Chase Country Club	1000 N. Milwaukee Ave.	Wheeling
475	Cornerstone Community Church	40413 N. Delany Rd.	Wadsworth	282	Old Farm Clubhouse	285 Cobbler Ln.	Buffalo Grove
<b>SHIELDS TOWNSHIP</b>				283	Aptakisic Jr. High School	1231 N. Weiland Rd.	Buffalo Grove
235	Green Bay School	2100 Green Bay Rd.	North Chicago	284	Prairie School	1530 Brandywyn Ln.	Buffalo Grove
236	Katzenmaier School	1829 Kennedy Dr.	North Chicago	285	Prairie School	1530 Brandywyn Ln.	Buffalo Grove
237	Neal Elementary School	1905 Argonne Dr.	North Chicago	286	Congregation Beth Judea	5304 Hwy. 83	Long Grove
238	Neal Elementary School	1905 Argonne Dr.	North Chicago	287	The Crossings Clubhouse	1100 Fremont Way	Buffalo Grove
239	Neal Elementary School	1905 Argonne Dr.	North Chicago	288	Ivy Hall School	1072 Ivy Hall Ln.	Buffalo Grove
240	Lake Bluff Middle School	31 E. Sheridan Pl.	Lake Bluff	289	Hope Lutheran Church	Arlington Hts. & Checker Rds.	Long Grove
241	Green Bay School	2100 Green Bay Rd.	North Chicago	290	Willow Grove School	777 Checker Dr.	Buffalo Grove
242	Shields Township (formerly West School)	906 Muir Ave.	Lake Bluff	291	Aptakisic Jr. High School	1231 N. Weiland Rd.	Buffalo Grove
243	Shields Township (formerly West School)	906 Muir Ave.	Lake Bluff	292	Willow Grove School	777 Checker Dr.	Buffalo Grove
244	Lake Bluff Park District	355 W. Washington Ave.	Lake Bluff	293	<b>Belmont Village</b>	<b>500 Mc Henry Rd.</b>	<b>Buffalo Grove</b>
245	Lake Bluff Middle School	31 E. Sheridan Pl.	Lake Bluff	294	The Claremont Rehab & Living Center	150 N. Weiland Rd.	Buffalo Grove
246	Lake Bluff Middle School	31 E. Sheridan Pl.	Lake Bluff	295	Aptakisic Jr. High School	1231 N. Weiland Rd.	Buffalo Grove
247	Lake Bluff Park District	355 W. Washington Ave.	Lake Bluff	296	The Claremont Rehab & Living Center	150 N. Weiland Rd.	Buffalo Grove
248	Christ Church of Lake Forest	100 N. Waukegan Rd.	Lake Forest	297	Chevy Chase Country Club	1000 N. Milwaukee Ave.	Wheeling
249	Lake Forest Place	1100 Pembridge Dr.	Lake Forest	298	Chevy Chase Country Club	1000 N. Milwaukee Ave.	Wheeling
250	Lake Forest Recreation Department	400 Hastings Rd.	Lake Forest	299	Laura B. Sprague School	2425 Riverwoods Rd.	Lincolnshire
251	The Church of the Holy Spirit	400 E. Westminster Rd.	Lake Forest	300	Riverwoods Village Hall	300 Portwine Rd.	Riverwoods
252	The Church of the Holy Spirit	400 E. Westminster Rd.	Lake Forest	457	Vernon Township Community Service Bldg.	2900 N. Main St.	Buffalo Grove
253	The Church of the Holy Spirit	400 E. Westminster Rd.	Lake Forest	476	<b>Lake Forest West Side Train Station</b>	<b>911 Telegraph Rd.</b>	<b>Lake Forest</b>
254	The Church of the Holy Spirit	400 E. Westminster Rd.	Lake Forest	477	Aptakisic Jr. High School	1231 N. Weiland Rd.	Buffalo Grove
255	Lake Forest Recreation Department	400 Hastings Rd.	Lake Forest	<b>WARREN TOWNSHIP</b>			
<b>VERNON TOWNSHIP</b>				301	Immanuel Church	2300 N. Dilley Rd.	Gurnee
256	Vernon Hills Park Dist. (D. Sullivan Ctr.)	635 N. Aspen Dr.	Vernon Hills	302	Grandwood Park Community Center	36630 N. Hutchins Rd.	Gurnee
257	Christ Lutheran Church	595 Deerpath Dr.	Vernon Hills	303	Grandwood Park Community Center	36630 N. Hutchins Rd.	Gurnee
258	Christ Lutheran Church	595 Deerpath Dr.	Vernon Hills	304	Brookside Clubhouse	36153 N. Brookside Dr.	Gurnee
259	Christ Lutheran Church	595 Deerpath Dr.	Vernon Hills	305	Immanuel Church	2300 N. Dilley Rd.	Gurnee
260	Daniel Wright Middle School	1370 Riverwoods Rd.	Lincolnshire	306	Immanuel Church	2300 N. Dilley Rd.	Gurnee
261	Lake Forest West Side Train Station	911 Telegraph Rd.	Lake Forest	307	Village Church of Gurnee	1319 N. Hunt Club Rd.	Gurnee
262	Vernon Township Office	3050 N. Main St.	Buffalo Grove	308	Immanuel Church	2300 N. Dilley Rd.	Gurnee
263	Larry Laschen Community Center	294 Evergreen Dr.	Vernon Hills	309	Gurnee Park District (Viking Hall)	4374 Old Grand Ave.	Gurnee
264	Vernon Hills Park Dist. (D. Sullivan Ctr.)	635 N. Aspen Dr.	Vernon Hills	310	St. Mark's Lutheran Church	3350 N. Delany Rd.	Waukegan
265	Larry Laschen Community Center	294 Evergreen Dr.	Vernon Hills	311	St. Mark's Lutheran Church	3350 N. Delany Rd.	Waukegan
266	Larry Laschen Community Center	294 Evergreen Dr.	Vernon Hills	312	St. Mark's Lutheran Church	3350 N. Delany Rd.	Waukegan
267	Vernon Hills Park Dist. (D. Sullivan Ctr.)	635 N. Aspen Dr.	Vernon Hills	313	Spaulding School	2000 Belle Plaine Ave.	Gurnee
268	Prairie View Park	16652 W. Port Clinton Rd.	Lincolnshire	314	Gurnee Park District (Viking Hall)	4374 Old Grand Ave.	Gurnee
269	Vernon Township Community Service Bldg.	2900 N. Main St.	Buffalo Grove	315	Gurnee Park District (Viking Hall)	4374 Old Grand Ave.	Gurnee
270	Daniel Wright Middle School	1370 Riverwoods Rd.	Lincolnshire	316	Gurnee Village Hall	325 N. O'Plaine Rd.	Gurnee
271	Daniel Wright Middle School	1370 Riverwoods Rd.	Lincolnshire	317	<b>Park City Community &amp; Teen Center</b>	<b>333 Teske Boulevard</b>	<b>Park City</b>
272	Laura B. Sprague School	2425 Riverwoods Rd.	Lincolnshire	318	<b>Park City Community &amp; Teen Center</b>	<b>333 Teske Boulevard</b>	<b>Park City</b>
273	Laura B. Sprague School	2425 Riverwoods Rd.	Lincolnshire	319	Gurnee Village Hall	325 N. O'Plaine Rd.	Gurnee
274	Prairie View Park	16652 W. Port Clinton Rd.	Lincolnshire	320	North Shore Sanitary District	602 S. O'Plaine Rd.	Gurnee
275	Vernon Township Office	3050 N. Main St.	Buffalo Grove	321	Village Church of Gurnee	1319 N. Hunt Club Rd.	Gurnee
276	Vernon Township Office	3050 N. Main St.	Buffalo Grove	322	St. Paul the Apostle Church	6401 Gages Lake Rd.	Gurnee
277	Kildeer Countryside School	3100 Old McHenry Rd.	Long Grove	323	Gurnee Fire Station #2	6581 Dada Dr.	Gurnee
278	Congregation Beth Judea	5304 Hwy. 83	Long Grove	324	Gurnee Fire Station #2	6581 Dada Dr.	Gurnee
279	Vernon Township Community Service Bldg.	2900 N. Main St.	Buffalo Grove	325	Bittersweet Golf Course	875 Almond Rd.	Gurnee
280	Vernon Township Community Service Bldg.	2900 N. Main St.	Buffalo Grove	326	Gages Lake Bible Church	18788 W. Gages Lake Rd.	Grayslake
<b>VERNON TOWNSHIP Cont.</b>				327	Bittersweet Golf Course	875 Almond Rd.	Gurnee
				<b>WARREN TOWNSHIP Cont.</b>			

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*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





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328	Bittersweet Golf Course	875 Almond Rd.	Gurnee	371	Glenwood School	2500 Northmoor Ave.	Waukegan
329	Warren Township Center (Town Hall)	17801 W. Washington St.	Gurnee	372	Glenwood School	2500 Northmoor Ave.	Waukegan
330	Warren Township Center (Town Hall)	17801 W. Washington St.	Gurnee	373	Grace Life Christian Church	1203 Glen Flora Ave.	Waukegan
331	Gages Lake Bible Church	18788 W. Gages Lake Rd.	Grayslake	374	Glen Flora Elementary School	1110 Chestnut St.	Waukegan
332	Brae Loch Country Club	33600 N. Hwy. 45	Grayslake	375	Glen Flora Elementary School	1110 Chestnut St.	Waukegan
333	Brae Loch Country Club	33600 N. Hwy. 45	Grayslake	376	North School	410 Franklin St.	Waukegan
334	Warren Township Center (Town Hall)	17801 W. Washington St.	Gurnee	377	Glen Flora Elementary School	1110 Chestnut St.	Waukegan
335	St. Paul the Apostle Church	6401 Gages Lake Rd.	Gurnee	378	Robert E. Abbott Middle School	1319 Washington St.	Waukegan
336	St. Paul the Apostle Church	6401 Gages Lake Rd.	Gurnee	379	Harry A. Poe Manor	300 Lake St.	Waukegan
337	Heather Ridge Main Rec. Center	5900 Heather Ridge Dr.	Gurnee	380	Robert E. Abbott Middle School	1319 Washington St.	Waukegan
338	Heather Ridge Main Rec. Center	5900 Heather Ridge Dr.	Gurnee	381	Hyde Park School	1525 Hyde Park Ave.	Waukegan
339	Heather Ridge Main Rec. Center	5900 Heather Ridge Dr.	Gurnee	382	Living Faith United Methodist Church	414 N. McAree Rd.	Waukegan
340	Byron Colby Barn	1561 Jones Point Rd.	Grayslake	383	Living Faith United Methodist Church	414 N. McAree Rd.	Waukegan
341	Waukegan Fire Department - Station No. 2	4505 McGaw Rd.	Waukegan	384	Living Faith United Methodist Church	414 N. McAree Rd.	Waukegan
342	Residence Inn	1440 White Oak Dr.	Waukegan	385	<b>Park City Community &amp; Teen Center</b>	<b>333 Teske Boulevard</b>	<b>Park City</b>
448	Gurnee Park District (Viking Hall)	4374 Old Grand Ave.	Gurnee	386	Belvidere Park Rec. Center	412 S. Lewis Ave.	Waukegan
478	<b>Grandwood Park Community Center</b>	<b>36630 N. Hutchins Rd.</b>	<b>Gurnee</b>	387	Washington Elementary School	110 S. Orchard Ave.	Waukegan
<b>WAUCONDA TOWNSHIP</b>				388	Belvidere Park Rec. Center	412 S. Lewis Ave.	Waukegan
343	Wauconda Community Hall	505 E. Bonner Rd.	Wauconda	389	Robert E. Abbott Middle School	1319 Washington St.	Waukegan
344	Island Lake Municipal Building	3720 Greenleaf Ave.	Island Lake	390	Robert E. Abbott Middle School	1319 Washington St.	Waukegan
345	Island Lake Municipal Building	3720 Greenleaf Ave.	Island Lake	391	Carman Buckner School	520 Helmholtz Ave.	Waukegan
346	Wauconda Community Hall	505 E. Bonner Rd.	Wauconda	392	Community Recreation Center	724 S. Genesee St.	Waukegan
347	<b>Wauconda Park District Community Ctr.</b>	<b>600 N Main St.</b>	<b>Wauconda</b>	393	Carman Buckner School	520 Helmholtz Ave.	Waukegan
348	Wauconda Grade School	225 O'Sage St.	Wauconda	394	Kukla Towers	1440 Jackson St.	North Chicago
349	Wauconda Community Hall	505 E. Bonner Rd.	Wauconda	395	Lyon/Magnet School	800 S. Elmwood Ave.	Waukegan
350	<b>Wauconda Park District Community Ctr.</b>	<b>600 N Main St.</b>	<b>Wauconda</b>	396	Thomas Jefferson Middle School	600 S. Lewis Ave.	Waukegan
351	<b>Wauconda Park District Community Ctr.</b>	<b>600 N Main St.</b>	<b>Wauconda</b>	397	Katzenmaier School	1829 Kennedy Dr.	North Chicago
352	Transfiguration Church	316 W. Mill St.	Wauconda	398	Lyon/Magnet School	800 S. Elmwood Ave.	Waukegan
353	Transfiguration Church	316 W. Mill St.	Wauconda	399	Kukla Towers	1440 Jackson St.	North Chicago
354	Viscount Hall	26730 N. Marion St.	Wauconda	400	Lyon/Magnet School	800 S. Elmwood Ave.	Waukegan
458	Island Lake Municipal Building	3720 Greenleaf Ave.	Island Lake	401	Novak-King School	1500 Kemble Ave.	North Chicago
479	<b>The Lakemoor Banquet Facility</b>	<b>28874 W. Hwy. 120</b>	<b>Lakemoor</b>	402	Thompson Manor	1705 Sheridan Rd.	North Chicago
480	Lake County Discovery Museum	27277 N. Forest Preserve Rd.	Wauconda	<b>WEST DEERFIELD TOWNSHIP</b>			
<b>WAUKEGAN TOWNSHIP</b>				403	Cherokee School	475 E. Cherokee Rd.	Lake Forest
355	McCall School	3215 N. McAree Rd.	Waukegan	404	Cherokee School	475 E. Cherokee Rd.	Lake Forest
356	McCall School	3215 N. McAree Rd.	Waukegan	405	Cherokee School	475 E. Cherokee Rd.	Lake Forest
357	McCall School	3215 N. McAree Rd.	Waukegan	406	Christ Church of Lake Forest	100 N. Waukegan Rd.	Lake Forest
358	Little Fort School	1775 Blanchard Rd.	Waukegan	407	Christ Church of Lake Forest	100 N. Waukegan Rd.	Lake Forest
359	John Clark School	601 Blanchard Rd.	Waukegan	408	Lake Forest West Side Train Station	911 Telegraph Rd.	Lake Forest
360	Bowen Park (Jack Benny Center)	39 Jack Benny Dr.	Waukegan	409	Lake Forest Senior Center	100 E. Old Mill Rd.	Lake Forest
361	John Clark School	601 Blanchard Rd.	Waukegan	410	Wayne Thomas School	2939 Summit Ave.	Highland Park
362	Oakdale School	2230 N. McAree Rd.	Waukegan	411	Wayne Thomas School	2939 Summit Ave.	Highland Park
363	Oakdale School	2230 N. McAree Rd.	Waukegan	412	Bannockburn Village Hall	2275 Telegraph Rd.	Bannockburn
364	Oakdale School	2230 N. McAree Rd.	Waukegan	413	Deerfield High School	1959 N. Waukegan Rd.	Deerfield
365	Clearview School	1700 Delaware Rd.	Waukegan	414	<b>Deerspring Pool</b>	<b>200 Deerfield Rd.</b>	<b>Deerfield</b>
366	Greenwood School	1919 North Ave.	Waukegan	415	<b>Deerspring Pool</b>	<b>200 Deerfield Rd.</b>	<b>Deerfield</b>
367	Greenwood School	1919 North Ave.	Waukegan	416	<b>Deerfield High School</b>	<b>1959 N. Waukegan Rd.</b>	<b>Deerfield</b>
368	Grace Life Christian Church	1203 Glen Flora Ave.	Waukegan	417	Holy Cross Church	724 Elder Ln.	Deerfield
369	Clearview School	1700 Delaware Rd.	Waukegan	418	Congregation B'nai Tikvah	1558 Wilmot Rd.	Deerfield
370	St. John's United Church of Christ	1520 N. McAree Rd.	Waukegan	419	Congregation B'nai Tikvah	1558 Wilmot Rd.	Deerfield
<b>WAUKEGAN TOWNSHIP Cont.</b>				420	St. Gregory's Episcopal Church	815 Wilmot Rd.	Deerfield
				<b>WEST DEERFIELD TOWNSHIP Cont.</b>			

I HEREBY CERTIFY THAT THE ABOVE IS A TRUE AND CORRECT LISTING OF THE POLLING PLACE LOCATIONS FOR THE GENERAL ELECTION TO BE HELD IN LAKE COUNTY, ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*  
WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS





# POLLING PLACE LOCATIONS



Locate your precinct number @ [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) or on your voter card. Refer to the list below for your precinct polling place and address.

\*\*\*\*\*

Recent polling place changes are indicated by bold type.

No.	Location	Address	Village/City	No.	Location	Address	Village/City
421	Holy Cross Church	724 Elder Ln.	Deerfield	433	Zion Park District Leisure Center	2400 Dowie Memorial Dr.	Zion
422	Holy Cross Church	724 Elder Ln.	Deerfield	434	Shiloh Towers	1525 27th St.	Zion
423	Deerfield Village Hall	850 Waukegan Rd.	Deerfield	435	Shiloh Center	2600 Emmaus Ave.	Zion
424	Deerfield Village Hall	850 Waukegan Rd.	Deerfield	436	Lakeview School	2200 Bethesda Blvd.	Zion
425	<b>Patty Turner Senior Center</b>	<b>375 Elm St.</b>	<b>Deerfield</b>	437	Lakeview School	2200 Bethesda Blvd.	Zion
426	St. Gregory's Episcopal Church	815 Wilmot Rd.	Deerfield	438	Hermon Park	2700 29th St.	Zion
427	<b>Patty Turner Senior Center</b>	<b>375 Elm St.</b>	<b>Deerfield</b>	439	Hermon Park	2700 29th St.	Zion
428	<b>Patty Turner Senior Center</b>	<b>375 Elm St.</b>	<b>Deerfield</b>	440	Hermon Park	2700 29th St.	Zion
429	St. Gregory's Episcopal Church	815 Wilmot Rd.	Deerfield	441	Zion-Benton Township High School	21st St. & Kenosha Rd.	Zion
430	Deerfield Golf Course Clubhouse	1201 Saunders Rd.	Riverwoods	442	Lakeview School	2200 Bethesda Blvd.	Zion
<b>ZION TOWNSHIP</b>				443	Zion-Benton Township High School	21st St. & Kenosha Rd.	Zion
431	Zion Park District Leisure Center	2400 Dowie Memorial Dr.	Zion	444	North Point Community Christian Church	900 N. Lewis Ave.	Winthrop Harbor
432	Shiloh Center	2600 Emmaus Ave.	Zion	445	North Point Community Christian Church	900 N. Lewis Ave.	Winthrop Harbor
<b>ZION TOWNSHIP Cont.</b>				481	North Point Community Christian Church	900 N. Lewis Ave.	Winthrop Harbor

I HEREBY CERTIFY THAT THE ABOVE IS A TRUE AND CORRECT LISTING OF THE POLLING PLACE LOCATIONS FOR THE GENERAL ELECTION TO BE HELD IN LAKE COUNTY, ILLINOIS, ON TUESDAY, NOVEMBER 7, 2006.



*Willard R. Helander*

WILLARD R. HELANDER, County Clerk  
LAKE COUNTY, ILLINOIS

## Making Your Write-In Vote Count

The optical scan ballot has made voting for a write-in candidate easier, but **only a write-in vote for a person who filed a Declaration of Intent To Be a Write-In Candidate form with the Lake County Clerk is valid and counted.**

A write-in candidate must file his intent to be a write-in candidate by 5:00 p.m., Tuesday, October 31, 2006. While it is easy to write in a name on your ballot, a vote for an individual who has not filed as a write-in is not counted.

To cast a write-in vote for a declared candidate, clearly print the name on the line provided under the appropriate office and fill in the corresponding oval. To request a declaration form, call 847-377-2314.

## Voting by Absentee Ballot by Mail

You may vote by absentee ballot if you:

- expect to be absent from the county on Election Day.
- are a student away at school.
- are physically incapacitated and unable to go to the polls.
- are employed as an election judge not in your home polling place, are an election worker, or will perform official duties on Election Day.
- are observing a religious holiday which prevents your presence at the polls.
- are serving as a juror on Election Day.
- are admitted to the hospital within five days prior to the election.
- are incarcerated as a pre-trial detainee.

## First-Time Voters Who Register by Mail

If you registered by mail and did not provide proof of identity at the time you did so, the first time you vote you are required to show valid identification with your name and address. Valid forms of identification include IL driver's license, IL state issued ID, utility bill including voter's name and address, imprinted check book or bank statement.

If you do not have any of these forms of ID, you are entitled to cast a provisional ballot. However, in order for your ballot to be counted, you must submit a copy of your ID to the Lake County Clerk's office by 5 p.m. on the second day after the election.



# WHAT IS EARLY VOTING?

Voters no longer need a reason or "excuse" to qualify to vote prior to Election Day. In an effort to provide equal access to voting, the Lake County Clerk's office provides 23 sites for early voting.

**Q. Who can vote early?**

A. Any registered voter.

**Q. What do I need to vote early?**

A. A valid government issued photo ID.

**Q. When can I vote early?**

A. Beginning 22 days prior to an election through the Thursday before Election Day at your local site or the County Clerk's office. Hours for each location are listed below, including a Saturday option.

**Q. Where can I go to vote early?**

A. Your township office. (Waukegan and Newport Township residents vote at the County Clerk's office in Waukegan.) Find your early voting location below or on our website at [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck) and click "Early Voting."

**Q. My township office is not nearby. Is there a more convenient option?**

A. If you live in the municipalities listed below, you can vote at either the municipal offices or the township offices.

**Q. If I vote early or absentee can I still revoke that ballot on Election Day?**

A. Voting absentee or early will prevent you voting a new ballot on Election Day.

**Q. What if hours for early voting in my area conflict with my schedule?**

A. Vote early at the County Clerk's office in Waukegan from October 16th through close of business on November 2nd.  
Mon, Tue & Wed 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.; Fri 9:00 a.m. – 7:30 p.m.; Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.; Sun (Oct 22 & 29) 9:00 a.m. – 12:00 p.m.

**Q. How does early voting differ from absentee voting?**

A. Absentee voting by mail or in person requires a valid reason.

## Early Voting Locations and Hours

**Antioch Township**

1625 Deep Lake Rd., Lake Villa  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.; Sat (Oct 21 & 28)  
9:00 a.m. – 12:00 p.m.  
(847)395-3378

**Avon Township**

433 E Washington St., Round Lake Park  
Mon, Tue & Wed 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.; Fri 9:00 a.m. – 3:30  
p.m.; Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)546-1446

**Benton Township**

40020 N Green Bay Rd., Beach Park  
Mon, Tue & Wed 9:00 a.m. – 4:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.; Fri 9:00 a.m. – 12:00  
p.m.; Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)746-2100

**Cuba Township**

28000 W Cuba Rd., Barrington  
Mon, Tue, Wed & Fri  
9:00 a.m. – 3:30 p.m.; Thu 9:00 a.m. – 6:00  
p.m.; Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)381-1924

**Ela Township**

99 E Main St., Lake Zurich  
Mon, Tue & Wed 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.; Fri 9:00 a.m. – 1:00  
p.m.; Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)438-7823

**Fremont Township**

22376 W Erhart Rd., Mundelein  
Mon, Tue, Wed & Fri 9:00 a.m. – 3:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)223-2847

**Grant Township**

26725 W Molitor, Ingleside  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)740-2233

**Lake Villa Township**

37908 N Fairfield Rd., Lake Villa  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)356-2116

**Libertyville Township**

359 Merrill Ct., Libertyville  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)816-6800

**Moraine Township**

777 Central Avenue, Highland Park  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)432-3240

**Shields Township**

906 Muir Ave., Lake Bluff  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)234-0802

**Vernon Township**

3050 N Main St., Buffalo Grove  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)634-4600

**Warren Township**

17801 W Washington St., Gurnee  
Mon, Tue, Wed & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)244-1101

**Wauconda Township**

505 W Bonner Rd., Wauconda  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)526-2631

**West Deerfield Township**

601 Deerfield Rd., Deerfield  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)945-0614

**Zion Township**

2800 Sheridan Rd., Zion  
Mon, Tue, Wed & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)872-2811

**Village of Antioch**

874 Main St., Antioch  
Mon, Tue, Wed, & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)395-1000

**Village of Buffalo Grove**

50 Raupp Blvd., Buffalo Grove  
Mon, Tue, Wed & Fri 8:30 a.m. – 4:30 p.m.;  
Thu 8:30 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847) 459-2500

**City of Highland Park**

1707 Saint Johns Ave., Highland Park  
Mon, Tue, Wed & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)432-0800

**The City of Lake Forest**

220 E Deerpath, Lake Forest  
Mon, Tue, Wed & Fri 9:00 a.m. – 4:30 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)234-2600

**Village of Lindenhurst**

2301 E Sand Lake Rd., Lindenhurst  
Mon, Tue, Wed & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847) 356-8252

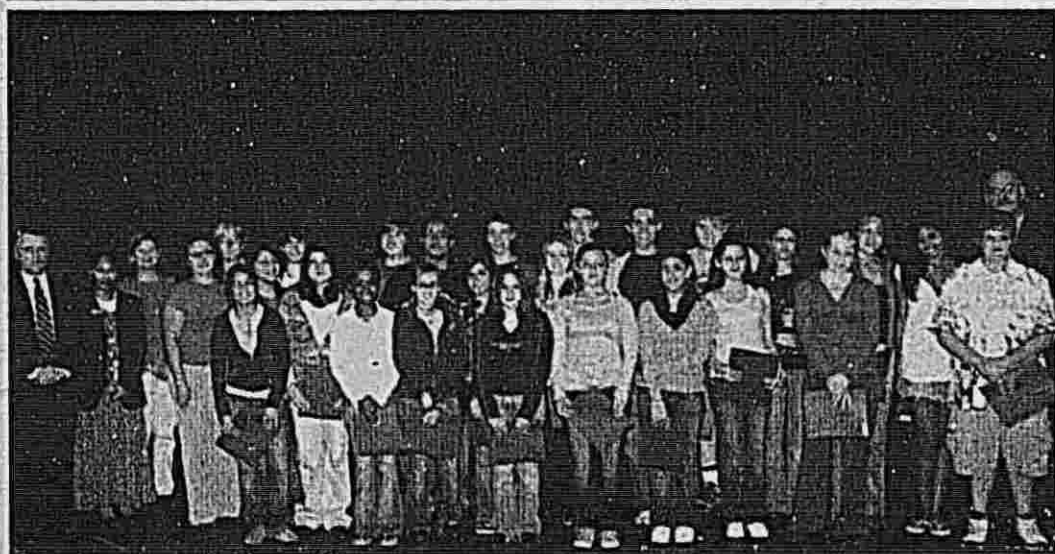
**Village of Vernon Hills**

290 Evergreen Dr., Vernon Hills  
Mon, Tue, Wed & Fri 9:00 a.m. – 5:00 p.m.;  
Thu 9:00 a.m. – 6:00 p.m.;  
Sat (Oct 21 & 28) 9:00 a.m. – 12:00 p.m.  
(847)367-3700

Visit our website at [www.co.lake.il.us/cntyck](http://www.co.lake.il.us/cntyck)  
to see your Early Voting location and a sample ballot.



## JOURNAL MARKETPLACE



Submitted photo

Round Lake High School announced 23 recipients of Schuler Scholarships awarded by the Schuler Family Foundation. The recipients, all sophomores at the school, include Natalie Aguilar, Timothy Bates, Thomas Birren, Kylee Butler, Steven Cimarusti, Priya Dhingra, Dustin Driscoll, Lethicia Figueiredo, Jaclyn Forney, Stefanie Fuentes, Elizabeth Gonzalez, Branden Hidalgo, Austin Kohlmeyer, Grecia Lira, Annliz Macharia, Brenda Manon, Kara Maplethorpe, Viviana Martinez, Lindon Martinez, Yesenia Real, Gustavo Ruiz, Raven Tiem, and Susan Tiff.

GET YOUR  
MONEY'S  
WORTH OUT  
OF HOME  
REPAIRS

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BUYING A HOME AND LOOKING FOR  
MORE IN A HOME BUILDER

Page B3

DO YOU HAVE ANY PHOTOS  
YOU WOULD LIKE TO SHARE?

Send your local photos to:

Lakeland Journals, 30 S. Whitney St., Graylake, IL 60030 or email to  
psmall@nwnewsgroup.com. Andave will print them right here on this page.

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WINTER IS  
COMING, GET  
YOUR CAR READY

Page B19



## Leech &amp; Denoma

1850 E. Grand Avenue • Lindenhurst, IL 60046 • 847-356-3400

"Real Estate for the Real World"



## DOUBLE CORNER LOT!

Seller will pay all buyer's closing costs if U/C by 10/15! Priced below market for quick sale!! 4 bedroom, 2.5 baths. Enjoy fireplace, patio, prof. landscaping & seasonal views of Crooked Lake. Spacious & affordable! New Lakes High School (5172) **\$187,000**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## FINISHED WALKOUT W/2ND KITCHEN

Full bath and family room gives a lg, family plenty of room. Features include 3 bdrm, family rm w/FP, large deck, brick paver patio, fenced yd, new carpet and 2 car gar. Better than new. (6097) **\$229,900**

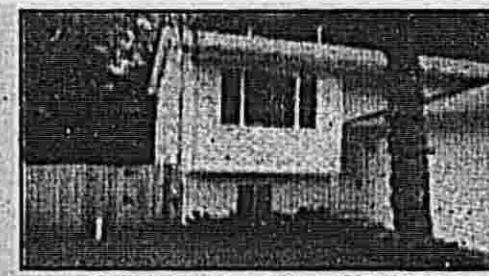
CENTURY 21 Leech &amp; Denoma 847-356-3400



## INVESTMENT OPPORTUNITY

4 brick townhome units. 3 units w/2 car garages/1 unit w/1 car garage. All units have 2 bdrms, 1 1/2 baths, formal living rm, huge eat-in kitchen. Quality built in 1986. (6106) **\$525,000**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## CHECK OUT LOW TAXES

2 yr. new home. 4 BR's 2 baths, attached 2 1/2 garage, deck, eat in kitchen with oak cabinets, full walkout basement to private yard, completely fenced yard, dog run can stay, close to major routes, metra, schools & shopping. (6109) **\$217,900**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## AWESOME CUSTOM RANCH!

Spacious & gracious park like setting. Mstr suite w/sitting area. 1st flr fam/sun rm w/wet bar & opens to wrap around deck. Screen porch. Formal liv rm w/stone fireplace. Full basement w/wrksp area. 1st flr laundry. E-z access to metra & I94. (6096) **\$424,900**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## REMODELED 4 BDRM HOME

Living rm w/picture window. New eat-in kitchen w/appliances. 2 new baths. Pergo flooring, family room with fireplace. Huge lot w/plenty of room for additional garage. (6105) **\$237,500**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## OPPORTUNITY IS WAITING!

Must sell lovely 4 bdrm, 2.1 bath 2 story w/basement. Spacious bdrms w/walk in closets, master suite w/2 walk-in closets, private deluxe bath & more. Great location that backs to forest in Lake Villa School dist. (6108) **\$266,526**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## IN TOWN CONVENIENCE

Spacious home w/attached 2 car garage. Large kitchen with island/breakfast bar opens to combination living/dining room. Fenced backyard. Full finished lower level. (6111) **\$209,000**

CENTURY 21 Leech &amp; Denoma 847-356-3400



## Choosing a home-security provider

When it comes to home security, choosing the right provider can make all the difference. Everyone wants to feel as safe as possible in their home, a desire that leads many homeowners to seek out home-security systems. Unfortunately, not all systems and providers are the same. This means you'll want to do some research before signing on any dotted lines.

Those new to the home-security game may not be exactly sure what to look for. Many times, choosing a company can be confusing, as technology can vary greatly depending on what you might want and what you can afford. The following guidelines should provide some solid tips on how best to approach finding the right home-security provider for you and your family.

- Ask for recommendations. Unless you live on a secluded hilltop, you likely have neighbors who have been living in your neighborhood longer than you. And if you're having security concerns, they may have had similar concerns before you and might be able to recommend a good provider in your price range. If you're skeptical of asking neighbors, ask friends or relatives if they know of any reliable companies.

Another good place to go, according to the Arizona Burglar and Fire Alarm Association (ABFAA), is your local Better Business Bureau. They should be able to tell you if any past complaints have been filed against a company you're looking into.

- Ask about installation. Some companies have been known to sell systems faster than they can install them. While it's unreasonable to expect immediate installation, it's not unreasonable to expect your new system to be installed in a timely manner, especially considering your family's safety is at stake. Companies with a long backlog or waiting list for installation might not be too reliable in terms of future response time and should probably be avoided.

- Ask about response time. Response time should be a chief concern for anyone looking to install a home-security system.



Choosing the right home-security provider involves more than just looking at the bottom line.

How quickly a security provider responds is a good indicator of whether or not they're worth reaching an agreement with. Ask for references from some of their current customers who have needed service and try to talk to these people to see what the company's response time was like and how well the call was handled. If the company cannot supply any information with respect to response time, take your business elsewhere.

- Ask about their hiring process. Companies that do not screen their applicants for past criminal backgrounds should be avoided at all costs. Ask how involved their screening process is and what steps they take to ensure their employees are not sharing confidential client information with anyone outside the company. Your safety should be of utmost importance, and that safety is greatly compromised when using the services of a company that has lax hiring processes.

- Do your research. Contact several companies and see if they're members of their local security and alarm regulatory association. Oftentimes, companies in such associations agree to certain standards and must maintain certain levels of competence and conduct to remain affiliated with the association. Make sure when contacting these companies that money is not your only basis for comparison. If one provider provides you with a wealth of information while another does not, ask the latter if they can provide the information at a later date. Get all quotes in writing, and be sure you understand exactly what each quote entails (i.e., installation fees, detection coverage, etc.).

## Get your money's worth out of home repairs

Boost your home's value by making the right improvements

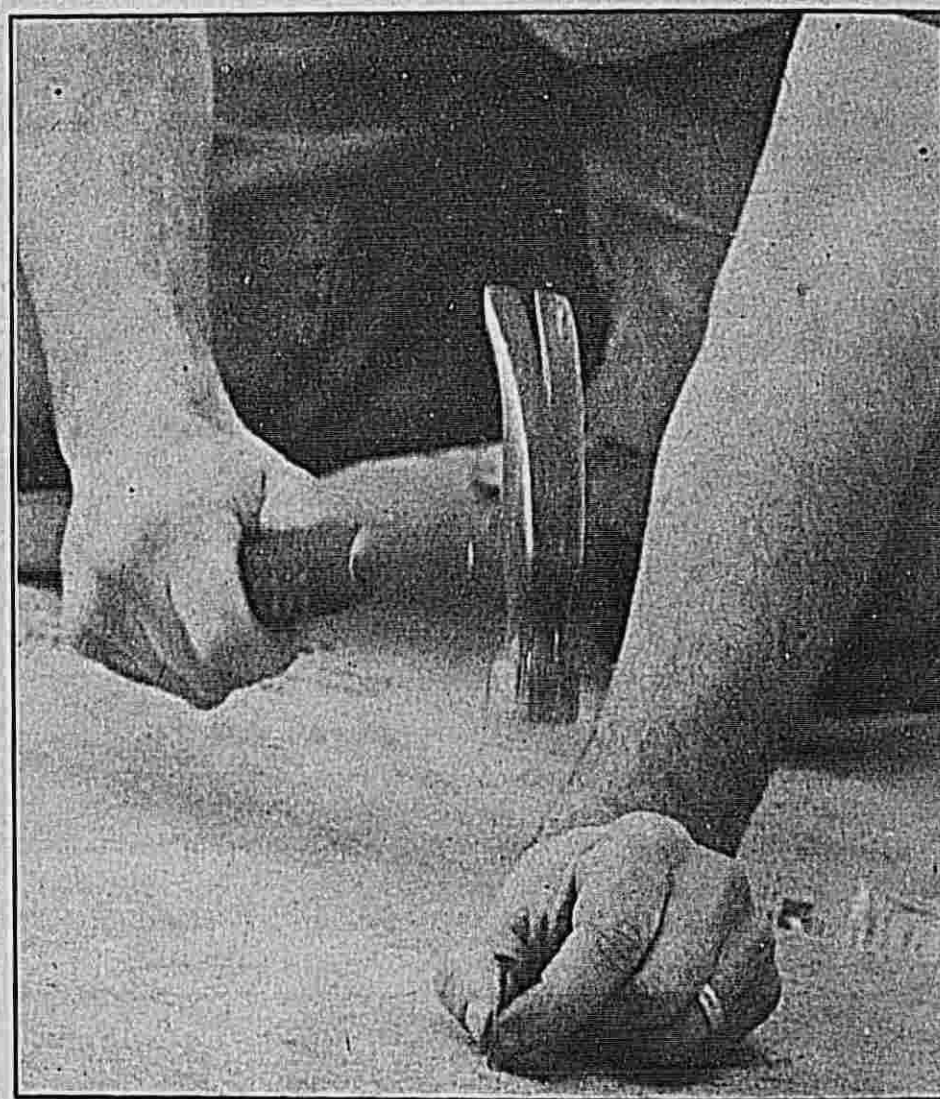
Many homeowners make home improvements because they want to upgrade the look and comfort level of their homes. However, a good majority do so to improve the value of a home - something that can turn a higher profit if the house is ever sold. The trouble is, inexperienced homeowners might not realize the best ways to make the most out of dollars spent.

If you're thinking about fixing up your home in an effort to boost its saleability, consider these important tips.

Make improvements count: People's preferences in a home are varied, therefore making major changes that are out of character with the home's architectural style or the neighborhood might not bode well come resale. Experts agree that neutral colors and universal improvements will score you a higher value over personalizations that may scare people away, such as adding a huge garage or over-the-top color palettes.

Maintain your home and property: While regular maintenance will not provide huge gains in home value, it certainly will prevent the house value from declining. A prospective buyer wants a home that is relatively attractive from a curb-appeal perspective and one that is in good working order. Don't risk having to make costly repairs as a bargaining chip at the time of sale. You'll end up spending more than if you just maintained your home during the duration of time spent living there. Plus, a few simple and relatively inexpensive touches can have maximum impact. A warm and inviting front yard that is clean and dotted with some shrubs and flowers can attract buyers.

Best rewards on repairs: It is a common misconception that making improvements to a home will reap parallel profits. In other words, many homeowners think that \$10,000 in repairs equals a \$10,000 increase in value. This is not the case.



Boost your home's value by making the right improvements.

Research has found that kitchen and bath repairs offer some of the highest returns - 80 percent of money spent. Therefore, if budgets are tight and you want improvements that count, stick to these rooms.

Conceal or kick out clutter: A prospective buyer wants to imagine him or herself in your home. If your house (interior and exterior) is overrun with clutter it may be harder for the buyer to engage an imagination. Plus, clutter makes spaces seem smaller and less appealing. Consider thinning out

your collections and general "stuff" to help boost the impact of your home.

Do your research: Some of the best ways to learn about home values and comparable sale prices in your area is to find out what your neighbors have done. If a similar house in a relatively similar condition sold for a particular price, you can probably assume yours will be in the same range. As such, you can price it in a competitive fashion, or make improvements you know will be appreciated by buyers.

### Is the toilet leaking?

Do you have a wet floor around the base of your toilet and are concerned that the toilet is leaking? Chances are it's just a situation where the toilet is "sweating." Bathrooms are notorious high-humidity areas due to the constant showering that takes place. Or, you may just live in a climate that is humid. In any case, when the cold toilet water in the bowl and tank contends with the moist air, condensation can form on the outer surface of the toilet and drip onto the floor. Most home-improvement retailers sell insulation kits that go inside of the tank and are an easy remedy. There is also the option of installing a mixing valve, which will incorporate some hot water to the flow of water to the toilet. The tepid water temperature may be the fix for condensation issues.

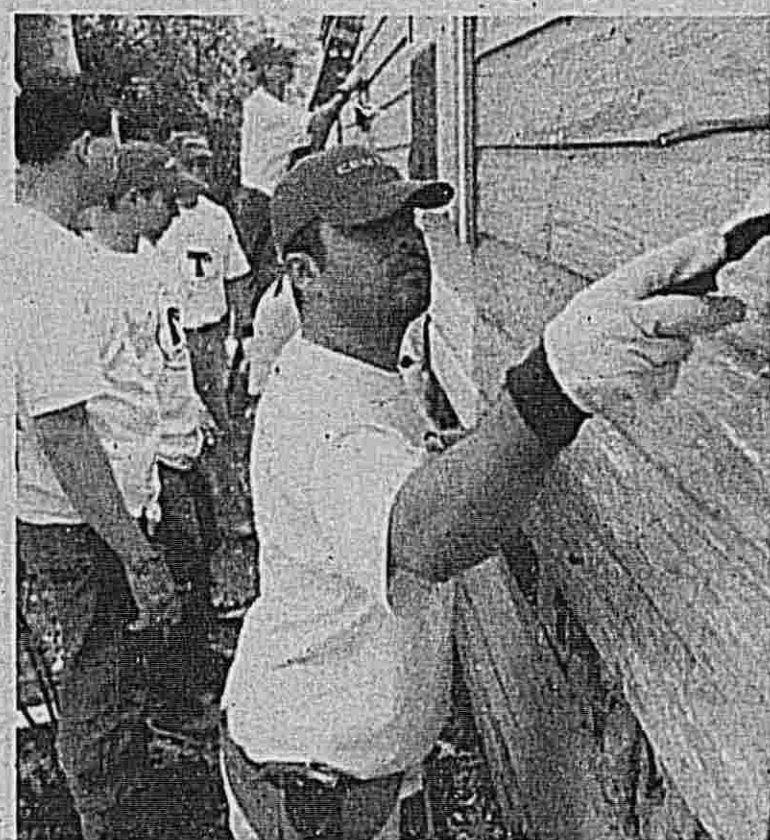


# Buying a home and looking for more in a home builder

This year an estimated 2 million Americans are expected to build a new home.

As with any home decision, the choice of a home builder will largely be based on three popular criteria: neighborhood location, cost and design style.

What if a home builder could satisfy those needs and surpass them while making a difference in your home, pocket, environment and community? A company's responsibility to you and your community should be at the top of every home buyer's checklist.



When considering the company that will build your new home, be sure you select a responsible builder. Your choice has an impact well beyond the walls of your new home.

## What makes a responsible home builder?

Responsible home builders recognize the importance of corporate stewardship, which includes protection of our natural resources and endangered lands that might otherwise be developed. Last year, almost 1.5 million new single-family homes were built in the United States, many of them on undeveloped land. Development is good for communities and good for the economy, but home builders must also "do the right thing" by making long-term leadership and financial commitments to forward-thinking environmental initiatives.

The final commitment is up to the home buyer: support responsible builders. By selecting a responsible builder, you are making an investment in your new home and a smart decision that can have impact on your local community, environment and important issues.

## The top four tips to help you select a responsible builder are:

- **Community involvement.** Responsible home builders build communities and invest in them. Just as you are investing in a home, consider a home builder that gives back to the community through financial contributions and volunteer time. Consider a home builder that supports initiatives that provide homes for our nation's less fortunate.
- **Application of responsible construction practices and alternate materials.** Responsible home builders pursue the use of alternate building materials that make homes more affordable and often more energy efficient, and also promote environmental integrity by reducing the use of natural raw materials. Examples include use of composite sheathing and underlayments instead of plywood, metal and fiberglass doors, steel and vinyl windows, and laminated veneer lumber, beams and finger joint studs instead of using virgin wood.
- **Energy efficient construction.** Homes that save energy are good for your budget and for the environment. A responsible home builder offers energy efficient options that will boost your home's value and, through energy savings, eventually pay for themselves. Responsibility doesn't end with the construction of the home. Industry leaders actively participate in and support federal, state and private research projects focusing on new energy savings efficiencies for the home buyer, such as indoor air quality, durability and intelligent wiring.
- **Ensure sustainable, well-managed forest resources.** Home construction does require wood, but trees can be planted to replace the ones that are harvested. Look for builders who are committed to giving preference to suppliers of wood products who subscribe to sustainable forestry management and certification programs.

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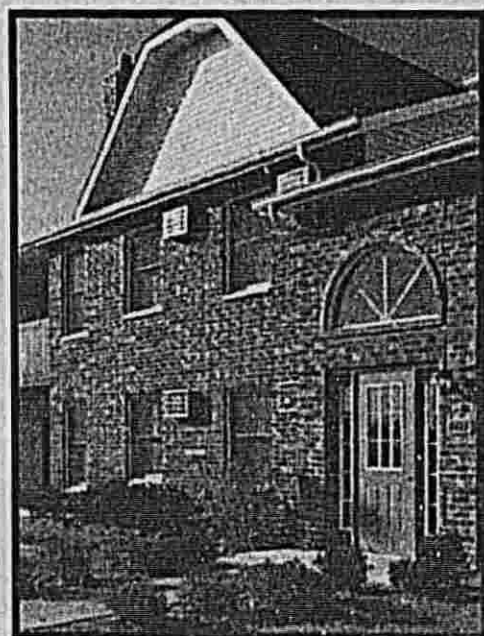
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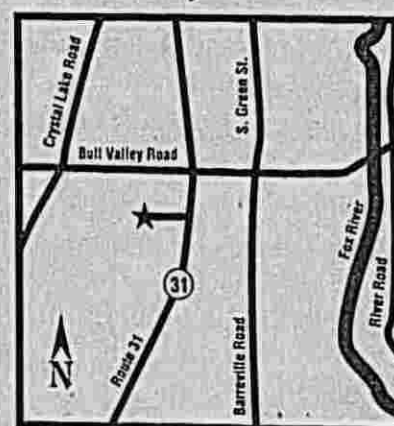
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# Home improvements that can do wonders

There are many reasons why you might sell your home — bigger space requirements, job relocation, grown-up children, trouble making the mortgage payments, or unsafe community, to name a few. One thing remains constant: You want to get the best price you can for the place you've called home.

Putting your house on the market is more than just listing your home with a real-estate agent and letting her do the rest of the work. It requires some elbow grease and ingenuity on the part of the owner to make the home appeal to the widest possible buying audience. And that means you'll get more offers and most likely a quick sale. These changes need not be major repairs that break the piggy bank, but inexpensive cosmetic improvements. Here is advice on how to enhance the appearance of your home as you get ready to put it on the market:

**Curb appeal.** It's critical to make a good first impression when potential buyers pull up in front of your house. Sometimes buyers won't even look at a home with overgrown grass and shrubs, scattered debris, dangling shutters, saggy gutters or patches of peeling paint on the outside of the house. Make an effort to clean up the yard, trim the bushes, and fix cracked windows to prevent a "broken-down" look. You can either do the work yourself or hire someone. You don't want buyers to think they are looking at a "fixer-upper" that could be bought at a bargain price.

**Clear the clutter.** The longer you've lived in your house, the greater you risk that too much junk has piled up. Cleaning out closets, the garage and basement, and tidying up counters, is critical to attaining a crisp, clean, organized look. Your books, magazines and family photos may look nice to you but they can look one big mess to buyers if they are not presented in an organ-

ized manner. Buyers need to visualize themselves living in your home. Certainly, you have to live in your house while showing it, so it should be personalized. You don't have to get rid of all of Grandma's and Grandpa's photos, but don't have 30 of them around. Just pick your five favorites.

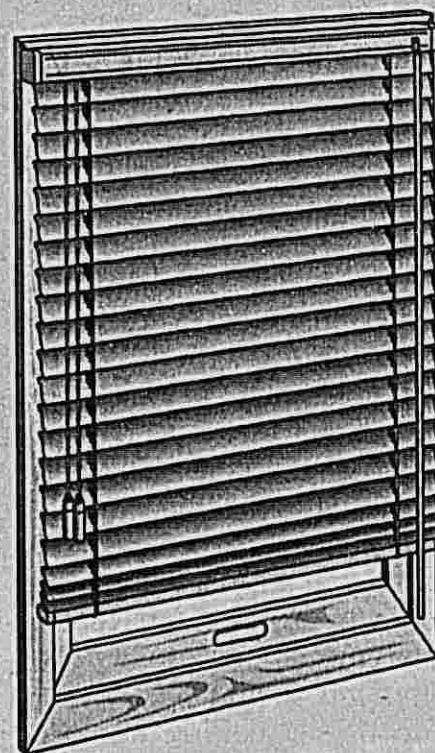
**A fresh coat of paint.** A new coat of paint often makes a house look neat and cared for. "Painting the inside and outside freshens a house incredibly," says Bernard. Light colors — whites, beiges, or pastels — make rooms look larger, which is a marketable quality when selling your home. If you grew up in the 1960s and painted your dining room black, you might want to put a few coats of neutral color on the walls, because radical decoration statements appeal to one out of 20,000 people. If you want to add color without painting, you can add splashes of color with cushions, throws, and rugs.

**Minor repairs.** Now is the time to do all those little jobs around the house that you've always meant to do, but haven't had time. Loose door-knobs, dripping faucets, and squeaky doors and floors convey an air of neglect. If people see minor problems, they think they're a clue to larger things wrong with the house.

**A homey atmosphere.** You want your home to smell nice. Bake mom's apple pie in the oven so buyers smell it when they arrive at your door. You don't want people to walk in and smell mildew or pet odors. Make sure you clean up after your pet. Open an air freshener. Buy flowers, and leave the lights on.



## Window treatments 101



Windows are the eye to the outdoors. That's why you have to think carefully when deciding on a style for each room in your house. But with so many terms exclusive to the window industry, how do you see clearly? Here's a guide to help you sort out all of the jargon.

### 1. Horizontal blinds

**Materials:** Aluminum, plastic, wood and faux wood

**Uses:** Control light and privacy easily. Durable and easy to maintain.

### 2. Vertical blinds

**Materials:** Aluminum, vinyl or reinforced fabric

**Uses:** Overlapping nature enables light control.

### 3. Swags (curtains)

**Materials:** Soft or sheer fabric

**Uses:** A portable style that can be draped over another treatment or used alone to soften a window frame.

### 4. Curtains and drapes

**Materials:** Fabrics in various colors and patterns

**Uses:** They can be designed to suit your decorating style. Fabric can add visual "warmth" to a room.

### 5. Cellular shades

**Materials:** Sheer or opaque paper or fabric

**Uses:** Available in various opening methods such as motorized or pull from bottom. Can be custom fit for any window shape or size.

### 6. Roller shades

**Materials:** Vinyl, canvas or bonded fabric

**Uses:** Offer moderate to full blackout of light for total privacy.

### 7. Roman blinds

**Materials:** Various fabrics

**Uses:** Manipulated cords and pulleys. Offer a casual look and add insulation

### 8. Shutters

**Materials:** Wood or polymer panels or louvers; fabric, glass or metal inserts

**Uses:** Give an old-fashioned, cottage aura to a room

### 9. Cornices or valances

**Materials:** Varies; anything from wood to silk-flower garland

**Uses:** Used to hide drapery hardware or make window and ceiling look taller.



Window treatments add style and substance to a room. Choose one that complements the overall look you desire.



# Daffodils — Fall investment, many spring returns

Gardeners — start your spring color planning now because fall planting time is upon us. Here are three good reasons to add daffodils to your landscape planting schedule: First, there is a range and beauty in daffodils well beyond the traditional yellow trumpets you so often see along the roadways. Second, daffodils are great naturalizers that will flourish for many years with little care when planted in sunny, well drained flower beds. Finally, daffodils are deer and rodent resistant — a major benefit for those of you struggling to garden in the presence of our tetrapoded friends. Simply put, daffodils are a good fall landscape investment providing many springs of beautiful returns.

## Variety

Nearly 150 million Dutch daffodil bulbs are sold in the USA each year, and that amount has been growing six percent a year. Tim Schipper, a 3rd generation Dutch flower bulb merchant emphasizes that

“the variety of color, size, shape and bloom times of daffodils is far greater than most gardeners know.” According to The International Daffodil Register and Classified List published by the Royal Horticultural Society there are nearly 25,000 known varieties of daffodils. The fact is, however, that only 200 varieties are grown commercially and are generally affordable to residential and professional gardeners.

## Daffodil Depot — For people who dig daffodils

For Daffodil Connoisseurs, a new specialized boutique at [www.DaffodilDepot.com](http://www.DaffodilDepot.com) offers over 100 of the best and most unique daffodils at wholesale prices via the Internet and by mail order. Developed by Colorblends Flowerbulbs in conjunction with leading Dutch daffodil hybridizers, this new site is a virtual goldmine for people who dig daffodils. Daffodil Depot offers many limited production varieties not normally available to the general public.

## Top Daffodil Picks

If you are finding it hard to decide on a specific variety, Daffodil Depot is offering a special collection called the Daffodil 100. This unique assembly is a virtual encyclopedia of daffodils, which are also referred to as Narcissus or Jonquils, running the gamut of colors (from yellow to orange to pink to white) with different flower types and very early to late blooming varieties. According to Tim Schipper, “The Daffodil 100 offers gardeners the chance to experience 100 different varieties of daffodils during an 8 week pageant, which runs from late winter through late spring.”

For those seeking a more traditional yellow trumpet daffodil, Schipper recommends choosing from among three varieties, which in his view are the “Gold Standard” among yellow daffodils. All three — Marieke, Carlton and Golden Harvest — represent the successors to the throne of the old time favorite King Alfred daffodil, a variety that has dwined

over the years. Marieke is a strong, graceful and long lasting bloomer. Carlton flowers later and is also suited to warmer zones, while Golden Harvest is a bright yellow trumpet, vigorous, and long lasting perennializer suitable for many garden uses.

If you are seeking other specific daffodil varieties, here is a quick rundown of some top recommendations. Among the cupped-division both Pimpernel (yellow with a tangerine nose) and Accent (an American bred pink cup) are among Schipper’s favorites. More exotic is Delnashaugh (double flowering fluffy peach and cream) and Gay Kybo (orange and white peony-like blooms) from the double-division; and there’s Thalia (a floriferous, orchid-like white) from the triandrus group. From the cyclamineous-narcissus he selects Jetfire (jaunty little reflexed petals with a long orange cup); and the multi-flowered Pipit (feint lemon yellow flowers with tiny white cups) from the jonquil group. A variety es-



pecially close to Schipper’s heart is Sailboat, which he enthusiastically describes as “a flowering little gem with white, swept back petals and soft yellow nose.” And finally there is Old Pheasant’s Eye (flat, pure white flower with a minute yellow red-rimmed cup) of the poet’s division as a big favorite because of its incredible sweet fragrance, its tolerance for some shade and it being the very last daffodil to flower in the garden.

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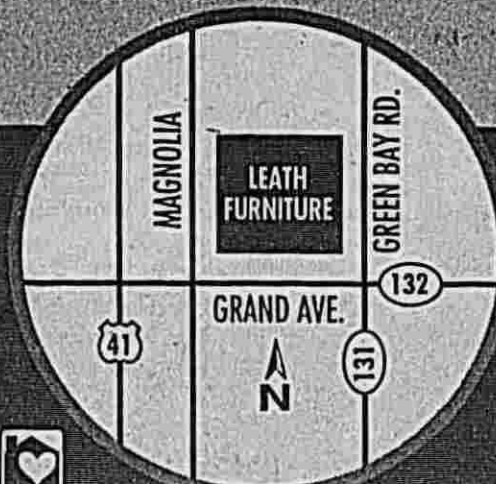
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**Lots & Acreage For Sale 6460**

SPRING GROVE 1 buildable, wooded lot, backs to McHenry conservation, walk-out w/approved well & septic drawings. \$85,000. 847-875-7823

**Mobile Homes For Sale 6500**

MODULARS-DOUBLE WIDES-SINGLE WIDES -Illinois largest display of factory built homes! Foundations, basements, garages, septic - We do it all! Free statewide delivery & installation. RILEY HOMES 1800-798-1541

WAUCONDA IN TOWN LOCATED IN AN OVER 54 COMMUNITY \*1-bedroom, 1-bath Start @24,900 \*1-bedroom, 1.5 bath 27,000 \*2-bedroom, 1-bath Start @33,000 \*2-bedroom, 2-bath 49,900 Some include gar., carport, shed, decks, room additions & warranty. (847) 526-5000 leave message.

**Waterfront Property 6515**

Kentucky waterfront land 2.51 acres of lakefront property on the TN/KY border. Partially wooded, opening to a beautiful view down to the lake. \$50,500 Call Today 866-880-3539

**ATTENTION Job Seekers**

According to the Newspaper Association of America, more than 4 in 10 job seekers say they read newspapers more often during their job search than they did before that time. To connect with qualified candidates, call (800) 589-8237 today.

**Design Homes**

7 Display Models For Sale! Occasionally we offer selected display homes with great discounts. We currently have 7 models with up to \$17,500 off!!! Call now!

50 Stock Models For Sale! Each winter we build homes for inventory with our most popular floorplans. They have great discounts and are ready for immediate delivery! These are proven designs with all of the most popular options. Check out our 'Stock Models' page on our website.

Call For A Free Brochure And Video **Design Homes** [designhomes.com](http://designhomes.com) ~ 800-627-9443

**Real Estate Wanted To Buy 6800**

**ATTENTION!** Do you have a problem house? Let us buy it and solve your problem. We can close in as little as 3 days. Call AABEX at 630-873-0465

**7000 Real Estate for Rent****Vacation Property For Rent 7100**

SPECTACULAR WINTER GETAWAY! Panama City Beach, FL. New Luxury Gulf Front Condominiums at incredible extended stay pricing! From \$1099. per month! Call Today! 1-800-207-8029 [www.WaterstoneResorts.com](http://www.WaterstoneResorts.com)

**To Share 7200**

FOX LAKE ROOMMATE WANTED to share beautiful home. Ideal for male. Full home privileges. 5-bdrm., 3-bath, jacuzzi, laundry facilities. Everything included, DirecTV, high speed internet, except phone. Downtown, close to train, shopping & lake. \$500/mo. (847)370-4465.

With EZ Pay, you don't even have to write a check. Subscribe to the Weekly Journal today at (800) 589-8237.

**To Share 7200**

LAKE VILLA STUDIO APT FOR RENT. Pvt. & quiet. Includes FREE heat, gas, electric, central air, cable, TV, water, garbage and more. ONLY \$495/mo. One person only. No smoking. No pets. 847-863-5563.

**Apartments For Rent 7250**

ANTIOCH 1 BDRM. COURTYARD APTS. \$650. 1<sup>st</sup> mo. FREE. Senior Discounts Avail. (773) 457-1925.

ANTIOCH 1 BDRM. COURTYARD APTS. \$650. 1<sup>st</sup> mo. FREE. Senior Discounts Avail. (773) 457-1925.

ANTIOCH Lakefront - 1 BDR, ht included, wood floors, large yd, \$650/mo. 847-951-4447.

ANTIOCH Lakefront. Spacious 3 BDR apt, spectacular view, wood flrs, ht included, deck, yard, \$950/mo. 847-951-4447.

ANTIOCH Lakeside 2 BDR apt, ht included, deck, lrg yard, \$800/mo. 847-951-4447.

FOX LAKE 1-bdrm. apt. in Vacation Village, access to pool, laundry, tennis courts, beach. Avail. 10/1. \$625/mo.+ sec.dep. Call Robert 708-243-4316.

**OPEN HOUSES**

Watch for the Journal Classified Open House Directory every Friday, Saturday and Sunday. Include your listing by calling (800) 589-8237.

**Apartments For Rent 7250**

FOX LAKE Avail. Now. 2-bdrm., newly decorated. Balcony, security intercom, free parking, water, sewer & garbage. No pets. \$795/mo. Rent in Oct. bring this ad & get free car gas for 6/mo. 815-403-9558

FOX LAKE Avail. Now. 2-bdrm., newly decorated. Balcony, security intercom, free parking, water, sewer & garbage. No pets. 37 Nippersink Blvd. \$795/mo. Rent in Sept. bring this ad & get free car gas for 6/mos. 815-403-9558

HEBRON Old farmhouse with 1 large 2 bdrm, 1 small 2 bdrm Apt water & garbage incl 815-560-2608

INGLESIDE - Lg. 1 bdrm, w/porch facing long lake. Maple flrs, newer bath. \$655. 847-226-7901

WE'VE GOT IT! Journal Classified. (800) 589-8237. Visa, Mastercard & Discover Card accepted.

**Home For Sale**

(Open House held on Saturday & Sunday 1:00-4:00) 5008 26th St. Kenosha, WI 262-564-0285

**Elegant 2 Story on Corner Lot**

in upscale north side Kenosha subdivision. Custom built home with open foyer, luxurious master suite with vaulted ceilings and walk-in closet, large master bath with two person whirlpool with granite surround and granite countertop. Three large bedrooms, 2-1/2 baths, kitchen with snack bar and granite countertops. Spacious family room with corner marble fireplace. Beautiful columns in foyer and family room. Plant shelves in foyer and in master suite. Full basement already stubbed out for added bathroom. Convenient location one block east of Greenbay Road. Must see! Only asking \$315,500

**NORTHGATE Apartments** OPEN MON-FRI 9-5 SAT 10-3 CLOSED SUNDAYS  
2330 N. SAMSON WAY - WAUKEGAN, IL  
**847-623-0800**  
[www.Northgateleasing.com](http://www.Northgateleasing.com)

One, Two and Three Bedrooms Apts. Priced From \$855 - \$1575  
REDUCED RATES ON SELECT MODELS CALL OR STOP IN TODAY...MODELS OPEN  
Our apartments all feature condominium quality fixtures, washer & dryer, all kitchen appliances, private patio/balcony, French doors, oak cabinetry, spacious floor plans and walk-in closets and More! Property amenities include a 24 hour fitness center, business center, heated outdoor pool, playground & bicycle court, complimentary movie rentals, & 24 hour emergency on site maintenance & security.  
WE'RE WAITING FOR YOU... COME HOME TO NORTHGATE APARTMENTS.

Come join us at **COUNTRY FAIRE CONDOMINIUMS FOR RENT**  
Route 120 & Route 45 in Grayslake  
**FIRST MONTH RENT FREE**  
**\$400 Security Deposit**  
1 Bedrooms \$775.00  
2 Bedrooms \$875.00  
**847-223-5100**  
Full Amenities



**Apartments  
For Rent 7250**

**WAUKEGAN WEST SIDE**  
1-bd. apts \$625-\$650/mo.,  
gar. extra. Walk in closets,  
laundry, individual storage,  
sec. entry. (847)244-6448.

**Condos/Townhomes  
For Rent 7300**

Richmond Just over the  
border TH 2 bdrm, 2 car  
gar, bsmt. \$995/mo. FREE  
rent for info: 847-612-5517

**ROUND LAKE SOUTH OF  
RT 120** New construction  
T.H. For Rent. 3-bdrm.,  
2.5 bath, 2-car gar., main-  
tenance free, walking trail.  
Grayslake School Dist.  
\$1,350/mo. Avail. 11/15.  
View at:  
[www.internetconnections.com/townhomes/](http://www.internetconnections.com/townhomes/)  
847-877-2314.

**ROUND LAKE T.H. VAL-  
LEY LAKES SUB.** 2-  
bdrm., loft, 2-1/2 bath,  
w/master suite, 2-car gar.,  
fin. bsmt., hrdwd. flr., good  
yd. \$1,350/mo. 847-431-  
8284.

**Houses  
For Rent 7400**

4-BDRMS. Blocks to Lake  
Michigan & grade school.  
Frm. Dining, lg. 16X60  
mst. Bdrm., full unfin.  
Bsmt., newer windows, fur-  
nace/C/A/C. \$1,000/mo.  
Clean and ready to move-  
in. Call Lil 847-791-0209.

**ANTIOCH NEW HOUSE  
RANCH**, 3-bdrm., 2-bath,  
bsmt., 2-car gar. Avail.  
11/1. \$1,450/mo. With op-  
tion to buy. 847-744-0556.

**FOR SALE OR RENT ON  
CHANNEL LAKE** Newly  
remodeled house, 1-bdrm.,  
C/A, modern kit., new fur-  
nace & carpeting.  
\$700/mo.+sec. dep. No  
pets. 847-395-9582, 847-  
395-6461.

**GRAYSLAKE**  
3-bdrm., 2-bath, complete-  
ly remodeled home near  
lake. Alt. gar., patio, &  
storage shed in lg. yd.  
New carpet. Sec. dep. req.  
No pets. \$1,250/mo.  
847-362-5600.

**GRAYSLAKE** 3-bdrm.,  
new kit., 2-car gar., fenced  
yd., \$1,300/mo.+utils.  
847-366-0054.

**Houses  
For Rent 7400**

**GURNEE** 5-bdrm., 3-bath,  
full bsmt., 2-car gar. Rent  
\$2,400 or for sale  
\$349,000. 847-445-6039.

Ingle side home - Rent to  
own. Move in now, fi-  
nance now. Poor credit  
okay. 2 BDR, family room,  
2.5 car gar, wood floors,  
lrg fenced yd, access to  
chain. 847-960-4244

**KENOSHA, WI** New con-  
struction 4-bdrm., 2-1/2  
bath, 3,000sq.ft. No smok-  
ing \$1,900/mo+sec.dep.  
Avail. 11/1. 262-652-3878

**PISTAKEE LAKEFRONT**  
2 bdrm, 1 bath, appls and  
pier, \$950/mo. + sec. dep.  
312-504-3441

**Round Lake Beach** - 2  
BDR, \$950/ mo, located  
near the beach, train sta-  
tion and park. Newly re-  
modeled. 847-922-4362

**ROUND LAKE BEACH**  
Newer 4-bdrm., 2-bath, fr-  
pl., A/C, dishwasher, deck,  
fenced yd., gar.,  
\$1,295/mo. 847-778-7874.

**Houses  
For Rent 7400**

**ROUND LAKE HEIGHTS**  
4-bdrm., 2-bath, unfin.  
bsmt., no gar. \$1,150/mo.  
847-612-6393.

**Round Lake Heights** Built  
in 2001 4 bdrm. 2.1 baths,  
fin. bsmnt, hrdwd fl. Ce-  
ramic tile. Fenced yrd  
w/large patio & newer  
playset. Pets Welcome!  
Lake Villa School dist.  
\$1500/mo +sec  
847-652-5347

**WAUCONDA** 2-bdrm., full  
unfinished bsmt., semi-se-  
cluded lg. yd.,  
\$950/mo.+\$1500 sec. dep.  
No pets. 847-526-1748.

Ads that work pay for  
themselves. Ads that don't  
work are expensive. De-  
scription brings results!  
Journal Classified (800)  
589-8237.

**Houses  
For Rent 7400**

**WAUCONDA**  
**ONE MONTH FREE**  
Rmld 3bdrm., 1-bath,  
best loc. at the lake,  
\$1,295/mo.  
Pets O.K. 847-902-9163.

**WILDWOOD, IL. 18846**  
West Circle Ct., (near Rt.  
120 & Rt. 45) AVAIL NOW!  
Brick, cedar raised ranch,  
deck overlooking approx 1/2  
acre fenced yard! 3 bdrm,  
2.5BA, eat-in-kit, LR, FR,  
2.5 car, \$1225/mo + util.  
• 815-482-7373

**Zion 2 story 4 bedroom**  
1 bath cellar basement  
\$1255.00 p/month  
Will consider rent to own.  
847 612-639

[www.chicagojobs.com](http://www.chicagojobs.com)  
Journal Classified  
(800)589-8237.

**Comm. Property  
For Rent 7500**

4 Stall pole barn \$400.  
p/month. Oversize 4 Stall  
pole barn w/ repair  
shop/office, includes park-  
ing area. \$1,500. p/month.  
Or both for \$1,800.  
p/month. Call 847-334-  
1878 or 815-344-1878.

**GRAYSLAKE OFFICE**  
1,600-6,000 sq.ft.  
Shop, storage or  
warehouse  
1,000-6,000sq.ft.  
Utils. Included. Mon-Fri.  
8am-4pm. (847)223-2244.

**INDUSTRIAL/COMMER-  
CIAL SPACE FOR RENT**  
2,000sq.ft., 16ft. high, 14ft.  
overhead door, 3 phase  
power, 683 E. Center St.,  
Grayslake. 847-223-8877

[www.mchenrycountysports.com](http://www.mchenrycountysports.com)  
Local Sports Attitude.

**Comm. Property  
For Rent 7500**

**RV, BOAT & AUTO**  
Indoor heated or outdoor.  
Grayslake, IL. Call Mon -  
Fri, 8am-4pm. 847-223-  
2244

**Retail/Office Space  
For Rent 7550**

**1800SQ.FT. RETAIL  
SPACE AVAILABLE** Sep-  
arate office entrance, 2  
overhead doors with drive-  
in capabilities, exc. Loc.  
Off Rt. 59, close to Rt. 12.  
Plenty of parking w/securi-  
ty. \$1,200/mo.+utils. 847-  
587-4997, ask for Ed.

**OFFICE/MEDICAL  
SPACE FOR RENT** 2045  
Grand Ave., Lindenhurst.  
Shared common space.  
Call 847-265-8880.

**Industrial  
For Rent 7600**

**RICHMOND**  
**Land Holdings Rt. 12**  
**Fountain Head Center**  
includes OH door, 18 cell-  
ing, office with AC, dock, 3  
phase electric, profession-  
ally landscaped.  
2,750 sq. ft. \$992/mo.  
847-566-8100

**8000  
Legals**

**Legals 8100**

IN THE CIRCUIT COURT  
FOR THE 19TH JUDICIAL  
CIRCUIT  
LAKE COUNTY

**LEGAL  
ZONING BOARD OF APPEALS  
FOX LAKE, ILLINOIS**

Public notice is hereby given pursuant to a Petition on file in the Village Clerk's office of the Village of Fox Lake, that a public hearing will be held on October 26, 2006 at 7:30 p.m. in the Village Hall, Fox Lake, Illinois, to hear the Petition of Double S. Ranch, Ltd, owner of the following described real estate to-wit:

**FIRST METRA PARCEL LEGAL DESCRIPTION**

THE NORTH 255 FEET OF THE SOUTH 650 FEET (AS MEASURED ON THE WEST LINE) OF LOT 18 EXCEPT THE WESTERLY 2.00 FEET THEREOF LYING SOUTH OF AN EASTERLY PROLONGATION OF THE SOUTH LINE OF LOT 9) IN LOUIS OLSEN'S SUBDIVISION, BEING A SUBDIVISION OF PART OF BLOCK 6 IN MARVIN'S SUBDIVISION IN THE NORTHEAST 1/4 OF THE NORTHEAST 1/4 OF SECTION 9, TOWNSHIP 45 NORTH, RANGE 9, EAST OF THE THIRD PRINCIPAL MERIDIAN, ACCORDING TO THE PLAT OF SAID LOUIS OLSEN'S SUBDIVISION, RECORDED SEPTEMBER 13, 1946 AS DOCUMENT 600217, IN BOOK 776 OF RECORDS, PAGE 611, IN LAKE COUNTY, ILLINOIS.

**SECOND METRA PARCEL LEGAL DESCRIPTION**

THE SOUTH 148 FEET OF THE NORTH 403 FEET OF THE SOUTH 650 FEET (AS MEASURED ON THE WEST LINE) OF LOT 18 (EXCEPTING THEREFROM THE WESTERLY 2.00 FEET THEREOF), IN LOUIS OLSEN'S SUBDIVISION, BEING A SUBDIVISION OF PART OF BLOCK 6 IN MARVIN'S SUBDIVISION IN THE NORTHEAST 1/4 OF THE NORTHEAST 1/4 OF SECTION 9, TOWNSHIP 45 NORTH, RANGE 9, EAST OF THE THIRD PRINCIPAL MERIDIAN, ACCORDING TO THE PLAT OF SAID LOUIS OLSEN'S SUBDIVISION, RECORDED SEPTEMBER 13, 1946 AS DOCUMENT 600127, IN BOOK 776 OF RECORDS, PAGE 611, IN LAKE COUNTY, ILLINOIS.

**ALLEY PARCEL**

THE ALLEY ADJACENT AND EASTERLY OF LOTS 6, 7 AND 8 IN LOUIS OLSEN'S SUBDIVISION AND THE EAST ONE HALF (1/2) OF THE ALLEY ADJACENT AND EASTERLY OF LOT 9 IN LOUIS OLSEN'S SUBDIVISION, IN LAKE COUNTY, ILLINOIS.

Location of property is: On Rte. 12 (N), North of Grand & West of Nippersink Blvd.

The common address is: 39 North US Highway 12, Fox Lake, IL 60020

Petitioner is requesting the following: Special Use permit for the sale, service and storage of motor vehicles.

Said Petition is available for examination in the Village Clerk's office at the Village Hall in Fox Lake, Illinois

All interested persons are invited to attend said hearing and be heard.

Respectfully submitted,

Ron Stochl, Chairman

Fox Lake Zoning Board of Appeals

Dated at Fox Lake, Illinois

This 25th day of September 25, 2006

**Lake Villa Township - Road Treasurer's Report  
For the fiscal year ending March 31, 2006**

	ROAD & BRIDGE	PERM. ROAD	EQUIP. & BLDG.	INSURANCE	IMRF	FICA
BEGINNING FUND BALANCE	90,357	98,734	390,145	18,443	68,085	55,062
TOTAL REVENUES	147,587	1,514,431	236,863	51,424	48,307	45,311
LESS - EXPENDITURES	92,761	1,514,017	149,278	49,619	31,751	25,307
ENDING FUND BALANCE	145,183	99,148	477,730	20,248	84,641	75,066

**ROAD & BRIDGE REVENUE SUMMARY:**

Property Tax \$120,375; Replacement Tax \$5,990; Interest Income \$5,061; Misc. Income \$16,161.

**TOTAL REVENUE: \$147,587.**

**PERMANENT ROAD REVENUE SUMMARY:**

Property Tax \$1,345,037; Interest Income \$12,754; Grants \$156,640.

**TOTAL REVENUE: \$1,514,431.**

**EQUIPMENT & BUILDING REVENUE SUMMARY:**

Property Tax \$219,815; Interest Income \$17,047.

**TOTAL REVENUE: \$236,863.**

**INSURANCE REVENUE SUMMARY:**

Property Tax \$50,910; Interest Income \$514.

**TOTAL REVENUE: \$51,424.**

**IMRF REVENUE SUMMARY:**

Property Tax \$44,802; Replacement Tax \$454; Interest Income \$3,051.

**TOTAL REVENUE: \$48,307.**

**FICA REVENUE SUMMARY:**

Property Tax \$42,345; Interest Income \$2,965.

**TOTAL REVENUE: \$45,311.**

**TOWNSHIP COMPENSATION SUMMARY:**

Under \$25,000: Joe Callendo, Michael Weiland, Patrick Monahan. \$25,000 to \$49,999: Gary Gustafson, Jane Simi, Paul Callendo, Richard Siciliano, Shawn Hoffmann, Steven Shetsky. \$50,000 to \$74,999: Randy Ludwig.

**TOTAL COMPENSATION: \$332,984.**

**TOWNSHIP EXPENDITURE SUMMARY:**

AFLAC \$519; Antioch Tire \$3,206; Bleck Engineering \$72,415; Bonnell Industries \$17,366; Burris Equipment \$5,872; Com. Ed. \$4,912; Com. Ed. (street lights) \$20,719; EFTPS \$88,631; Eder, Casella & Co. \$5,504; Effinger's \$3,499; Elmwood Enterprise \$141,989; Chicago Int'l Truck \$12,030; Grayslake Feed \$10,681; Hy-lites Electrical \$4,981; IL Dept. of Rev. \$9,154; IL Dept. of Emp. Security \$9,578; IMRF \$46,205; Joe Meyer Tree Service \$80,159; Lester's Material \$3,953; Lyons & Ryan \$28,038; Maneval Const. \$330,039; Midwest Aggregates \$3,163; Nat'l Waterworks \$29,809; Nationwide Ret. \$5,823; Navistar Financial \$67,504; North American Salt \$44,267; NICOR \$5,245; Olson Oil \$35,000; Payne & Dolan \$19,067; Pedersen GMC \$5,246; Peter Baker & Son \$252,008; R.A. Adams \$5,159; Ray Schramer & Co. \$38,715; Schneider Corp. \$39,408; IL State Disb. \$5,820; Sun Lake Materials \$10,086; Superior Paving \$34,845; TASC \$1,660; Thelen Sand & Gravel \$22,580; TOIRMA \$40,907; United Healthcare \$61,693.  
Total others less than \$2,500: \$54,289.

**TOTAL EXPENDITURES: \$1,681,578.**

Subscribed and sworn to me this 20th day of May 2006.

Dan Venturi, Treasurer

I, Kathy Renniger, Clerk of Lake Villa Township, Lake County, Illinois do hereby certify that the above is a true copy of the Annual Treasurer's Report for the fiscal year ending March 31, 2006.

Kathy Renniger, Township Clerk



**Legals 8100**

WAUKEGAN, ILLINOIS  
No. 06 CH 1743  
American Home Mortgage  
Acceptance, Inc.  
PLAINTIFF  
Vs.

Mark W. Happe a/k/a Mark  
William Happe; IMPAC  
Funding Corporation; Itasca  
Bank & Trust Company,  
as Trustee u/a dated  
June 1, 2005 a/k/a Trust  
Number 12181; Unknown  
Beneficiaries of Itasca  
Bank & Trust Company, as  
Trustee u/a dated June 1,  
2005 a/k/a Trust Number  
12181; Unknown Owners  
and Nonrecord Claimants  
DEFENDANTS

NOTICE BY PUBLICA-  
TION  
NOTICE IS GIVEN TO  
YOU:

Unknown Beneficiaries of  
Itasca Bank & Trust Com-  
pany, as Trustee u/a dated  
June 1, 2005 a/k/a  
Trust Number 12181  
Unknown Owners and  
Nonrecord Claimants

That this case has been  
commenced in this Court  
against you and other de-  
fendants, praying for the  
foreclosure of a certain  
Mortgage conveying the  
premises described as fol-  
lows, to-wit:

PARCEL 1:

THE WEST 19.46 FEET  
OF THE EAST 133.15  
FEET OF LOT 3 IN  
BLOCK 2 IN CLEARVIEW  
HEIGHTS SUBDIVISION,  
BEING A SUBDIVISION  
OF THE NORTH 1/2 OF  
THE NORTHEAST 1/4 OF  
THE NORTHWEST 1/4 OF  
SECTION 17, TOWNSHIP  
45 NORTH, RANGE 12,  
EAST OF THE THIRD  
PRINCIPAL MERIDIAN, IN  
LAKE COUNTY, ILLINOIS.

**Legals 8100**

MERIDIAN, IN LAKE  
COUNTY, ILLINOIS.

PARCEL 2:

THE WEST 9 FEET OF  
THE EAST 234.50 FEET  
OF THE NORTH 30.50  
FEET OF LOT 3 IN  
BLOCK 2 IN CLEARVIEW  
HEIGHTS SUBDIVISION,  
BEING A SUBDIVISION  
OF THE NORTH 1/2 OF  
THE NORTHEAST 1/4 OF  
THE NORTHWEST 1/4  
OF SECTION 17, TOWNSHIP  
45 NORTH, RANGE 12,  
EAST OF THE THIRD  
PRINCIPAL MERIDIAN, IN  
LAKE COUNTY, ILLINOIS.  
COMMONLY KNOWN AS:  
2203 Williamsburg Drive  
Waukegan, IL 60085

and which said Mortgage

was made by:

Mark W. Happe a/k/a Mark

William Happe

the Mortgage(s), to Mort-

gage Electronic Registra-

tion Systems, Inc. as nomi-

nee for American Home

Mortgage Acceptance,

Inc., as Mortgagee, and

recorded in the Office of

the Recorder of Deeds of

Lake County, Illinois, as

Document No. 5732240;

and for other relief; that

summons was duly issued

out of said Court against

you as provided by law

and that the said suit is

now pending.

NOW, THEREFORE, UN-

LESS YOU file your an-

swer or otherwise file your

appearance in this case in

the Office of the Clerk of

this Court,

Sally Coffelt

Clerk of the Circuit Court

18 N. County Street

Waukegan, IL 60085-4358

on or before October 30,

2006, A DEFAULT MAY

BE ENTERED AGAINST

YOU AT ANY TIME AF-

**Legals 8100**

TER THAT DAY AND A  
JUDGMENT MAY BE EN-  
TERED IN ACCOR-  
DANCE WITH THE  
PRAYER OF SAID COM-  
PLAINT.

CODILIS & ASSOCIATES,  
P.C.

Attorneys for Plaintiff

15W030 North Frontage

Road, Suite 100

Burr Ridge, IL 60527

(630) 794-5300

DuPage # 15170

Winnebago # 531

ARDC # 00468002

Our File No. 14-06-A460

NOTE: Pursuant to the

Fair Debt Collection Prac-

tices Act you are advised

that this law firm is

deemed to be a debt col-

lector attempting to collect

a debt and any information

obtained will be used for

that purpose.

IN THE CIRCUIT COURT

OF THE 19TH JUDICIAL

CIRCUIT WAUKEGAN,

ILLINOIS

STATE OF ILLINOIS

COUNTY OF LAKE

LONG BEACH MORT-

GAGE COMPANY, a

Delaware Corporation,

Plaintiff,

Vs.

ELSY RENDEROS and

LONG BEACH MORT-

GAGE COMPANY,

Defendants

06 CH 622

NOTICE OF SALE

PUBLIC NOTICE is hereby

given that pursuant to a

Judgment entered in the

above entitled cause on

May 10, 2006, the follow-

ing described real estate,

to-wit:

Lot 16 and the Westerly

20.00 feet of Lot 17 in

Block 137 in Round Lake

Beach - Renehan Beach

**Legals 8100**

addition, being a Subdi-  
vision of Parts of Sections  
20, 21 and 28, Township  
45 North, Range 10 East  
of the Third Principal  
Meridian, according to the  
Plat thereof recorded July  
25, 1930 as Document No.  
356997, in Book "V" of  
Plats, Pages 36, 37, 38  
and 39, in Lake County,  
Illinois.

Permanent Index Number:

06-21-305-013

06-21-305-023

Commonly known as: 240

West Washington St.

Round Lake Park, Illinois

will on November 10, 2006

at the hour of 11:00 a.m.

inside the East Door of the

Lake County Courthouse,

18 N. County St.

Waukegan, Illinois, be of-

fered for sale and sold by

an agent of The Judicial

Sales Corporation.

The Judgment amount

was \$130,604.94

The property is improved

with a single family home.

Sale terms: The bid

amount shall be paid in

cash immediately by the

highest and best bidder at

the conclusion of the sale.

The subject property is

subject to general real es-

tate taxes, special assess-

ments or special taxes

levied against said real es-

tate and is offered for sale

without any representation

as to quality of quantity of

title and without recourse

to plaintiff. The sale is fur-

ther subject to confirmation

by the court.

Upon payment in full of the

amount bid, the purchaser

shall receive a Certificate

of Sale, which will entitle

the purchaser to a Deed to

the real estate after confir-

mation of the sale.

**Legals 8100**

The property will NOT be  
open for inspection.  
Prospective bidders are  
admonished to check the  
Court file to verify all infor-

mation.

For information contact

Plaintiff's Attorney: Heav-

ner, Scott, Beyers & Mihlar,

111 E. Main St., Suite 200,

Decatur, Illinois 62525

(217) 422-1719 ext. 23

Note: Pursuant to the Fair

Debt Collection Practices

Act you are advised that

the Law Firm of Heavner,

Scott, Beyers & Mihlar is

deemed to be a debt col-

lector attempting to collect

a debt and any information

obtained will be used for

that purpose.

LEGAL NOTICE

Robert Miller

1991 Lincoln will be sold

for payment on 10/6/06.

Marisol Garcia

Unit H-1 5x10 will be sold

on 10/6/06

Bob Carney

Trailer/camper will be sold

on 10/6/06

For storage fees @

Fort Hainesville Storage

158 W. Belvidere

Hainesville, IL 60030

847-223-4244.

NOTICE OF PUBLIC

HEARING CONCERNING

THE INTENT OF THE

BOARD OF PARK COM-

MISSIONERS OF THE

GURNEE PARK DIS-

TRICT, LAKE COUNTY,

ILLINOIS TO SELL

\$710,000 LIMITED PARK

BONDS

PUBLIC NOTICE IS

HEREBY GIVEN that the

Gurnee Park District, Lake

County, Illinois (the "Dis-

trict") will hold a public

hearing on the 17<sup>th</sup> day of

**Legals 8100**

October, 2006, at 7 o'clock  
P.M. The hearing will be  
held in the Viking Commu-  
nity Center, 4374 Old  
Grand Avenue, Gurnee,  
Illinois. The purpose of the  
hearing will be to receive  
public comments on the

proposal to sell bonds of

the District in the amount

of \$710,000 for the pay-

ment of land condemned

or purchased for parks for

the building, maintaining,

improving and protecting

of the same and the exist-

ing land and facilities of

the District and for the pay-

ment of the expenses inci-

dent thereto.

By order of the Board of

Park Commissioners of the

Gurnee Park District, Lake

County, Illinois.

DATED the 19<sup>th</sup> day of

September, 2006.

Libby A. Baker

Secretary, Board of Park

Commissioners,

Gurnee Park District, Lake

County, Illinois

PUBLIC NOTICE

ASSUMED BUSINESS

NAME APPLICATION

NAME OF BUSINESS:

Apollo Landscape Lighting

NATURE/PURPOSE

Installing/Selling Land-

scape Lighting

ADDRESS(ES) WHERE

BUSINESS IS TO BE

CONDUCTED OR

TRANSACTIONED IN THIS

COUNTY:

21837 Rainbow Rd, Deer

Park, IL 60010, 847-302-

3180,

PO Box 636, Lake Zurich,

IL 60047, 847-769-4840

NAME(S) AND POST OF-

FICE OR RESIDENCE

ADDRESS(ES) OF THE

PERSON(S) OWNING,

CONDUCTING OR

**Legals 8100**

TRANSACTIONING BUSI-  
NESS:

Paul Chorazy, 21837

Rainbow Rd, Deer Park, IL

60010, 847-302-3180

STATE OF ILLINOIS

COUNTY OF LAKE

This is to certify that the

undersigned intend(s) to

conduct the above named

business from the location

(s) indicated and that the

true and legal full name(s)

of the person(s) owning,

conducting or transacting

the business is/are correct

as shown.

/s/ Paul Chorazy

September 28, 2006

The foregoing instrument

was acknowledged before

me by the person(s) in-

tending to conduct the

business this 28<sup>th</sup> day of

September, 2006.

OFFICIAL SEAL

/s/Erin Gallagher

Notary Public



## Assumed Name 8200

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
TK Freight International  
NATURE/PURPOSE  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTIONED IN THIS  
COUNTY:  
917 E. Liberty #1, Wau-  
conda, IL 60084, 847-  
487-4228.  
NAME(S) AND POST OF-  
FICE OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
Allison, Joshua Brodsky,  
917 E. Liberty #1, Wau-  
conda, IL 60084.  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
undersigned intend(s) to  
conduct the above named  
business from the location  
(s) indicated and that the  
true and legal full name(s)  
of the person(s) owning,  
conducting or transacting  
the business is/are correct  
as shown.  
/s/ Allison Brodsky  
/s/ Joshua Brodsky  
September 13, 2006  
The foregoing instrument  
was acknowledged before  
me by the person(s) in-  
tending to conduct the  
business this 13<sup>th</sup> day of  
September, 2006.  
OFFICIAL SEAL  
/s/Mario Garcia II  
Notary Public  
Received: Sept. 13, 2006  
Willard R. Hellander  
Lake County Clerk  
0922D-7970-WL  
September 22, 29, 2006  
October 6, 2006

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
AL Construction  
NATURE/PURPOSE  
Remodeling  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTIONED IN THIS  
COUNTY:  
2 Sextant Dr., Grayslake,  
IL 60030, 847-543-1977.  
NAME(S) AND POST OF-  
FICE OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
Albertas Cimelius, 2 Sex-  
tant Dr., Grayslake, IL  
60030, 847-543-1977.  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
undersigned intend(s) to  
conduct the above named  
business from the location  
(s) indicated and that the  
true and legal full name(s)  
of the person(s) owning,  
conducting or transacting  
the business is/are correct  
as shown.  
/s/ Albertas Cimelius  
September 14, 2006  
The foregoing instrument  
was acknowledged before  
me by the person(s) in-  
tending to conduct the  
business this 14<sup>th</sup> day of  
September, 2006.  
OFFICIAL SEAL  
/s/Claudia C. Rodriguez  
Notary Public  
Received: Sept. 14, 2006  
Willard R. Hellander  
Lake County Clerk  
0922D-7969-GL  
Sept. 22, 29, 2006  
October 6, 2006

www.mchenrycountysports.com  
Local Sports Attitude.

## Assumed Name 8200

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Now Mover Church Post-  
cards  
NATURE/PURPOSE  
Direct Mail Advertising  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTIONED IN THIS  
COUNTY:  
34247 N. Trillium Way,  
Round Lake, IL 60073,  
847-201-6937.  
NAME(S) AND POST OF-  
FICE OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
Steven Lanham, 34247 N.  
Trillium Way, Round Lake,  
IL 60073, 847-201-6937  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
undersigned intend(s) to  
conduct the above named  
business from the location  
(s) indicated and that the  
true and legal full name(s)  
of the person(s) owning,  
conducting or transacting  
the business is/are correct  
as shown.  
/s/ Steven Lanham  
September 18, 2006  
The foregoing instrument  
was acknowledged before  
me by the person(s) in-  
tending to conduct the  
business this 18<sup>th</sup> day of  
September, 2006.  
OFFICIAL SEAL  
/s/Joy E. Lippo  
Notary Public  
Received: Sept. 19, 2006  
Willard R. Hellander  
Lake County Clerk  
0922D-7972-RL  
September 22, 29, 2006  
October 6, 2006

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Santa Fe Pallos  
NATURE/PURPOSE  
Construction  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTIONED IN THIS  
COUNTY:  
215 Havenwood Dr.,  
Round Lake, IL 60073,  
847-406-0384.  
NAME(S) AND POST OF-  
FICE OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
Diego Martinez Escobar,  
215 Havenwood Dr.,  
Round Lake, IL 60073,  
847-406-0384.  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
undersigned intend(s) to  
conduct the above named  
business from the location  
(s) indicated and that the  
true and legal full name(s)  
of the person(s) owning,  
conducting or transacting  
the business is/are correct  
as shown.  
/s/ Diego Martinez  
September 14, 2006  
The foregoing instrument  
was acknowledged before  
me by the person(s) in-  
tending to conduct the  
business this 14<sup>th</sup> day of  
September, 2006.  
OFFICIAL SEAL  
/s/Adriana Lomell  
Notary Public  
Received: Sept. 14, 2006  
Willard R. Hellander  
Lake County Clerk  
0929E-7975-RL  
Sept. 29, 2006  
October 6, 13, 2006

## Assumed Name 8200

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Zenitram Corporation  
NATURE/PURPOSE  
Employment Firm  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTIONED IN THIS  
COUNTY:  
36472 N. Wildwood Dr.,  
Lake Villa, IL 60046, 847-  
878-4612  
NAME(S) AND POST OF-  
FICE OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
David Martinez, 36472 N.  
Wildwood Dr., Lake Villa,  
IL 60046, 847-878-4612.  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
undersigned intend(s) to  
conduct the above named  
business from the location  
(s) indicated and that the  
true and legal full name(s)  
of the person(s) owning,  
conducting or transacting  
the business is/are correct  
as shown.  
/s/ David Martinez  
September 26, 2006  
The foregoing instrument  
was acknowledged before  
me by the person(s) in-  
tending to conduct the  
business this 26<sup>th</sup> day of  
September, 2006.  
OFFICIAL SEAL  
/s/Melissa Wesenberg  
Notary Public  
Received: Sept. 26, 2006  
Willard R. Hellander  
Lake County Clerk  
1006A-7978-LV  
October 6, 13, 20, 2006

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME WITHDRAWAL**  
NAME OF BUSINESS:  
Canine Custodian  
Original date filed 2/3/2006  
STATE OF ILLINOIS  
COUNTY OF LAKE  
This is to certify that the  
person(s) listed below  
has/have ceased doing  
business under the as-  
sumed name or has/have  
no further connection or fi-  
nancial interest in said  
business. Withdrawal  
shall be effective Oct  
1, 2006.  
Susan C Palicki  
1528 W Remington Ln  
Round Lake, IL 60073  
847-815-9609  
/s/ Susan Palicki  
The foregoing instrument  
was acknowledged before  
me by the person(s) with-  
drawing from the business  
this 19<sup>th</sup> day of Septem-  
ber, 2006.  
OFFICIAL SEAL  
/s/Ronald Runkle  
Notary Public  
Received: Sept. 28, 2006  
Willard R. Hellander  
Lake County Clerk  
1006A-7979-RL  
October 6, 13, 20, 2006

**Looking for a  
Career Change?**  
According to the Newspa-  
per Association of Ameri-  
ca, approximately 1/3 of all  
job changers said they  
were still checking ads in  
newspapers, and half that  
number had been consult-  
ing online job ads since  
their job change. With the  
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**Lake Villa Township Treasurer's Report  
For the fiscal year ending March 31, 2006**

	GEN. TOWN	GEN. ASSISTANCE	PARK	IMRF	FICA
BEGINNING FUND BALANCE	905,516	260,636	119,689	24,092	897
TOTAL REVENUES	1,041,748	16,860	179,036	26,891	46,939
LESS - EXPENDITURES	1,478,700	53,769	205,591	47,369	43,442
ENDING FUND BALANCE	468,564	223,727	93,134	3,614	2,600

**GENERAL TOWN REVENUE SUMMARY:**

Property Tax \$998,005; Replacement Tax \$75; Interest Income \$30,935; Passports \$4,534; Misc. Income \$8,199.  
**TOTAL REVENUE: \$1,041,748.**

**GENERAL ASSISTANCE REVENUE SUMMARY:**

Property Tax \$8,468; Interest Income \$8,392.  
**TOTAL REVENUE: \$16,860.**

**PARK REVENUE SUMMARY:**

Property Tax \$152,423; Interest Income \$4,761; Shelter/CR Rental Fees \$14,727; Boat Launch Fees \$7,125.  
**TOTAL REVENUE: \$179,036.**

**IMRF REVENUE SUMMARY:**

Property Tax \$25,404; Replacement Tax \$800; Interest Income \$688.  
**TOTAL REVENUE: \$26,891.**

**FICA REVENUE SUMMARY:**

Property Tax \$25,404; Interest Income \$1,053; replacement Tax \$14,483; Interfund transfer from G.T. \$6,000.  
**TOTAL REVENUE: \$46,939.**

**TOWNSHIP COMPENSATION SUMMARY:**

Under \$25,000: Austin Blank, Barbara Stout, Betty Herron, Dana Phelps, Daniel Bieder, David Stone, Derek Kelly, Edward Brud, Ed DiFatta, Ellen Paul, Glenn McCollum, Homer Lawson, Jeff Thompson, Justin Kelly, Ken Barth, Kristy Sands, Mary Wiegold, Mike Simi, Miroslaw Bronowicki, Nancy Lech, Nick Severson, Paul Berker, Ray Lary, Sara Bolton, Terry Beadle, Warren Brownlee, Wlodzimierz Kubis, Zenon Duda. \$25,000 to \$49,999: Al Al Schroeder, Brian Bunkelman, Dan Venturi, Ed Kelly, Jim Jorgensen, Jeanne Jorgensen, Jeff Lee, Julie Pokorney, Kathy Renniger, Paul King, Steve Shetsky, Terry Grummel.  
**TOTAL COMPENSATION: \$572,333.**

**TOWNSHIP EXPENDITURE SUMMARY:**

AFLAC \$113; Air Con \$215,660; SBC \$5,422; C. Ames Const. \$7,880; Carriage Electric \$32,297; Clarke Mosquito \$3,550; Com. Ed. \$21338; Com. Ed. \$4,498; Connor Co. \$7,274; Lake County Treasurer \$13,000; Dan Venturi Reimb. \$4,248; E Glass Services \$2,586; EFTPS \$156,590; Eder, Casella & Co. \$5,504; Flaghouse \$2,705; Grayslake Feed \$4,137; Harrison & Assoc. \$5,000; Holian Asbestos Removal \$25,155; Home Depot \$9,152; IMRF \$68,974; IL State Disb. \$9,516; IL Dept. of Rev. \$15,125; James Valenziano \$3,026; Jeff Lee Reimb. \$5,326; Just Simply Plumbing \$7,100; Kenneth Larson \$8,130; Lake Villa Town. Hwy. \$19,625; Lake Villa Rescue Squad \$6,000; Conserv. FS \$12,582; Libertyville Bank & Trust \$97,598; Mailing Services of America \$3,992; Martens Fencing \$3,200; Masterbuilt Fence \$35,008; Menards \$12,345; Missouri Turf Paint \$2,525; Nationwide Reltr. \$11,643; Nielsen Enterprises \$14,921; NICOR \$13,011; Olson Oil \$12,959; PACE \$2,500;

Park & Recreation Supply \$4,061; Pats Services \$2,715; SOS Service \$2,968; Stag Irrigation \$4,935; State Bank of the Lakes \$254,969; Superior Paving \$4,320; Tammy Lamont \$2,700; TASC \$4,359; Thelen Sand & Gravel \$38,604; Tippet \$18,921; TOIRMA \$33,721; United Healthcare \$96,334; Waukegan

Roofing \$11,386; WI Scif \$3,901.  
Total others less than \$2,500: \$93,912.  
**TOTAL EXPENDITURES: \$1,469,068.**

Subscribed and sworn to me this 20th day of May 2006.

Dan Venturi, Treasurer

I, Kathy Renniger, Clerk of Lake Villa Township, Lake County, Illinois do hereby certify that the above is a true copy of the  
Annual Treasurer's Report for the fiscal year ending March 31, 2006.

Kathy Renniger, Township Clerk



DIAL-A-SERVICE

WEEKLY  
JOURNALS

## DIAL A SERVICE



## CARPET SERVICES

**THE CUSTOM CARPET EXPERTS**  
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 Create a new look for your home with small changes. If you feel like your home simply does not feel right or is not the best that it could be, I can provide professional advice and transform your room by using what you have. It may be poor furniture placement, no conversation area, no focal point, paint color or ineffective use of accessories.  
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 Heating, Carpentry, Electrical, Plumbing & Many other home repairs  
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 Jason Gold

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 Planting  
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 Fall/Spring Cleanup  
 Full Maintenance  
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 • Fall Clean-Ups  
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 Cell 847-219-8812

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 • Planting/Mulch  
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 Professional installation of unfinished hardwood floors, prefinished, engineered and laminate floors!  
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 Soffit • Gutters • Roofing  
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 262-552-7474

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 Trimming, Pruning,  
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 -MULCH ALSO AVAILABLE-

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 \$80 - 8x4 FC  
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## General, FT 3400

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## Automotive

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According to the Newspaper Association of America, 41% of job seekers used weekday or Sunday newspapers but not online sources, while only 11% used online sources but not weekday or Sunday newspapers. When you combine the Journal Employment and ChicagoJobs.com, you've got it covered! To connect with qualified candidates, call (800) 589-8237 today.

## General, FT 3400

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## Driver

We have regional drivers who'll earn over \$75,000 this year! How much will you earn? Home weekly! We simply offer more! **HEARTLAND EXPRESS** 1-800-411-4953 [www.heartlandexpress.com](http://www.heartlandexpress.com)

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Home Every Weekend? You will be with us. We are a truckload carrier that needs full-time drivers, owner operators or fleet owners. CDL & 2 years experience. Call today and get acquainted. Cedar Valley Transport, 1112 29th Ave. SW, Cedar Rapids, IA 52401-9235 [www.cedarvalleytransport.net](http://www.cedarvalleytransport.net)

There is a new group of people every day, looking for a deal in Journal Classified (800) 589-8237.

## General, FT 3400

## Drivers

New! Truckload Division \$1.15 plus FSC with longer runs, paid tolls, & more Home Time. Tri-State Expedited 888-320-5424

## Drivers

Pay Increase! \$1,000 Sign on for experienced OTR. Dedicated & regional available also. Owner operators, Teams & CDL grads welcome. USA Truck 866-483-3413

## Drivers

Regional Dry Van Drivers. \$1000.00 Sign on Bonus. Home Weekends. Great Pay. Class A CDL required 877-818-3745

Fed Ex Ground. O/O teams. Ave 5000 miles week. 1.249 hub fuel, start .98. CDL-A with 1yr exp. Ask about our new temporary rate. 866-832-6339

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## General

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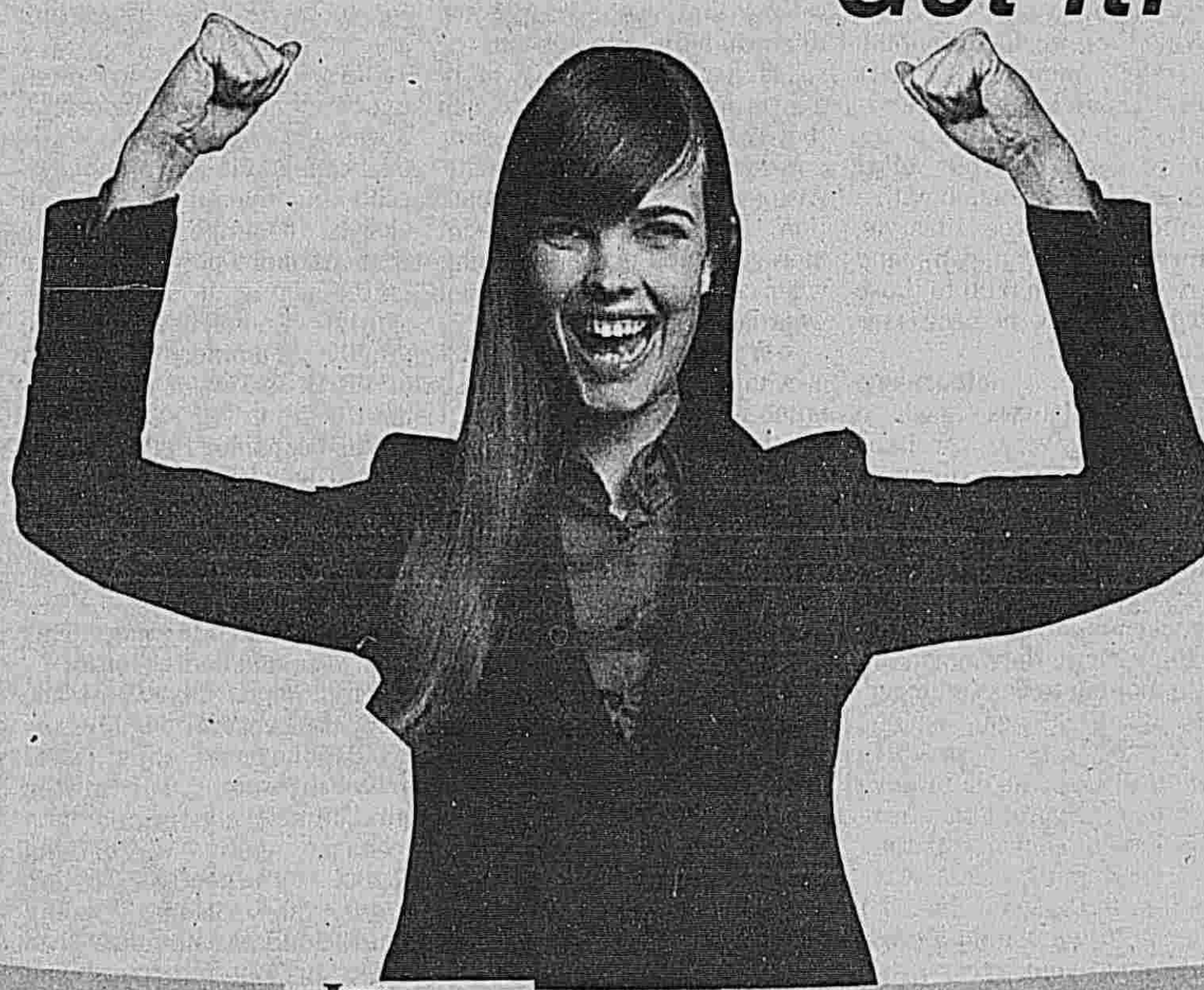
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WEEKLY  
JOURNALS

## WHEELS

Looking for a new car?  
Read the Wheels section every week  
in the Market Place section.

## Motorcycle safety an absolute must

If recent sports history has taught us anything, it's that even the world's best athletes aren't safe from accidents. This past June, Pittsburgh Steelers quarterback

Ben Roethlisberger, who earlier in the year, at the ripe old age of 23, became the youngest starting quarterback to ever guide his team to a Super Bowl victory, was badly injured in a motorcycle accident. The 6-foot-5-inch signal caller, who had been riding motorcycles for years, wasn't wearing a helmet.

Roethlisberger's accident was one of many motorcycle mishaps involving professional athletes. Cleveland Browns tight end Kellen Winslow lost an entire season to a motorcycle accident, while former Chicago Bulls guard Jay Williams might have lost his entire career to one.

What these accidents should illustrate to motorcycle riders across the globe is the necessity for safety each and every time you get on your bike. Though often associated with a rebellious, carefree lifestyle, motorcycle riding can, and often has, proven fatal to those who don't follow the necessary precautions.

• **Drive defensively.** Motorcycle drivers need to drive defensively, perhaps more so than auto drivers. Many motorists don't feel comfortable sharing the highway with motorcycle riders. Nerves often set in, and drivers of cars or trucks tend to drive more offensively than they normally would, hoping to pass motorcyclists as quickly as possible. This makes things extra difficult for bikers, who don't have nearly as much protection from an accident as someone driving a two-ton pickup truck. Always pay attention to what the drivers around you are doing and always keep your eyes on the road. Expect the drivers around you to be wary and un-

comfortable, and drive accordingly.

A good rule of thumb is to imagine you're invisible to other motorists. When driving down the highway, position yourself to be seen by your fellow motorists, and never sneak up on them. That is why many other bikers have loud pipes on their bikes — to make sure they're heard if not seen. Do your best to stay out of blind spots, as well.

• **Know the road conditions.** While a pothole won't do much damage to a car, it can be very dangerous when driving a motorcycle. Even puddles can be danger pits for bikers. Some bikers also ride off center in a lane to avoid the slippery zone caused by leaking fluid, etc. from cars who frequent major roads.

When driving on wet roads, realize that even the painted lines and directionals on the roads are substantially more dangerous when wet than when they're dry, so always slow down when crossing such spots. Also exercise significant caution, such as slowing down a lot more than you normally might, when coming up on obstacles on wet roads.

• **Wear protective gear.** Part of what scared football fans so much when word leaked about Roethlisberger's accident was the knowledge he wasn't wearing a helmet at the time he collided with another vehicle. This can be very dangerous, and many who later commented on the Roethlisberger incident admitted he was lucky to escape the accident, which required hours of surgery on his face, without major head injuries. While helmet laws vary from state to state, riding without a helmet is a foolish and unnecessary risk, one that new riders especially should never take.

In addition to a helmet, wear the right clothing as well. Proper gloves (non-slip durable

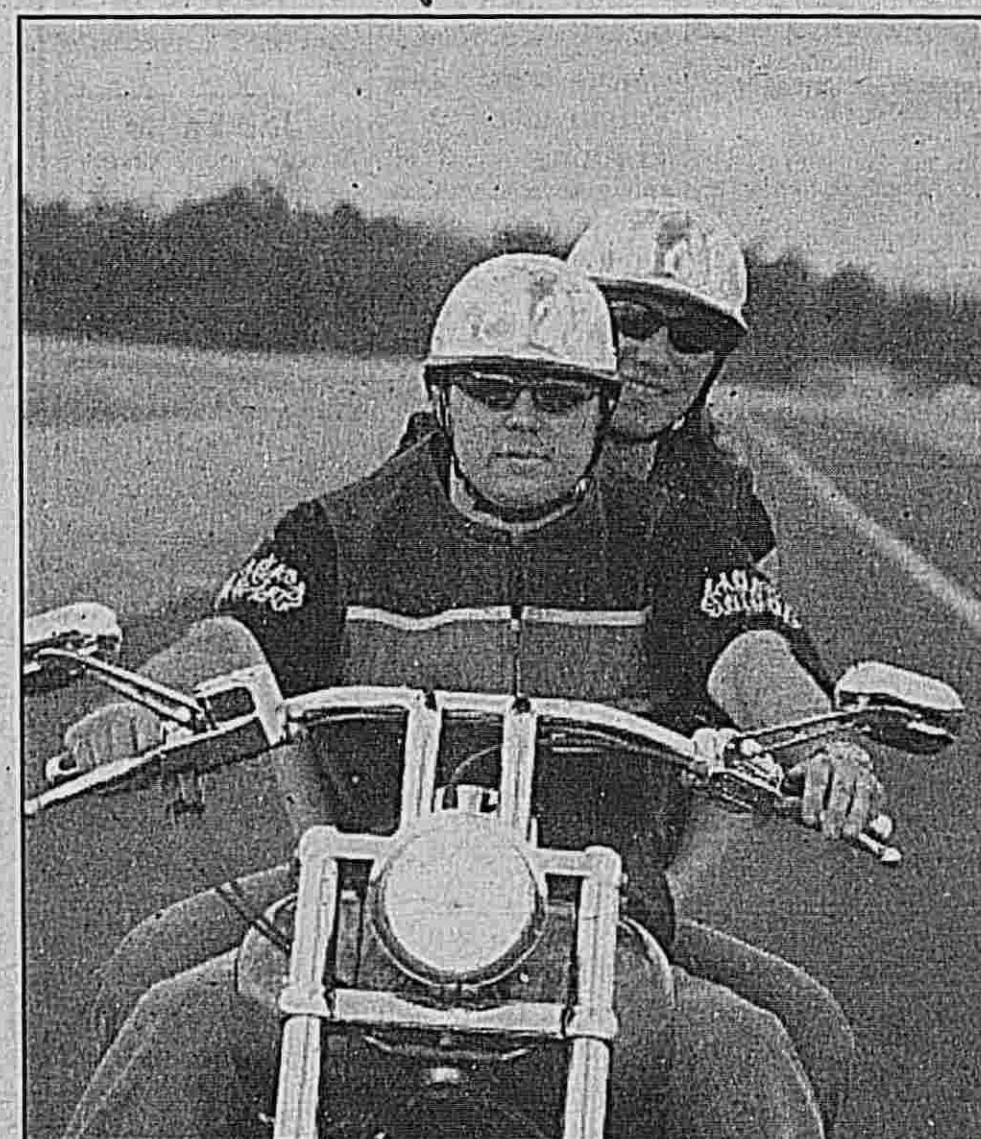
gloves), pants (protective leathers), jackets (again, leather and always long sleeved) and shoes (leather boots) could be your sole line of defense if you get in an accident. Any motorcycle shop will be able to recommend, if not sell, you the proper attire. Remember, safety comes before looks, so get the safest clothing possible. If you'll be driving at night, bright uppers are recommended, as you'll be far more visible to other motorists.

• **Buy the right bike.** Motorcycles aren't like cars, where one size essentially fits all. You should be able to reach the ground with both feet when sitting on your motorcycle. In addition, you should be able to reach the controls easily. If you're planning on having passengers, make sure you have a passenger seat and accompanying footrests for your passenger.

First-time buyers are often overwhelmed by how much power a bike has as well. While everyone envisions hitting the road and tearing off at high speeds, it's important to note that the more powerful a bike is, the heavier it is. This is essential knowledge because you'll need a bike you can push or lift in the event of an accident.

Also consider the use of the bike. Dirt bikes, for instance, should never be taken on the highway, and street bikes should not be used to go off-roading.

• **Don't rush into things.** This is an area that causes lots of accidents. The Bulls' Williams, for instance, admitted after his accident he barely knew how to drive his motorcycle at the time of his crash. Similar to a teenager going to driving school, prospective bikers should take lessons — many states mandate courses prior to licensing. Driving a car and riding a motorcycle are two very different things. Just be-



Riding a motorcycle safely requires as much precaution as practice. These enthusiasts are being safe by wearing helmets.

cause you can drive a car does not qualify you to ride a bike. Read your bike's manual thoroughly and take it slow at first. Do not let passengers ride with

you until you feel entirely comfortable driving alone. Driving with passengers can be extremely difficult, so learn to walk before you can run.

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WEEKLY  
JOURNALS



# Winter is coming, get your car ready

Right now the weather is warm and pleasant, but before you know it, temperatures will cool off and there will be snow on the ground.

Not only is now a good time to check your furnace and seal up the cracks around windows and doors, you should get your car ready for winter as well.

The colder months ahead can really take their toll on your vehicle, especially if you live up north or in the Midwest. A few simple preventative measures taken now will keep your car both working and looking good during the long, harsh winter ahead.

A good place to start is by checking your tires. You need to make sure the hot pavement you were driving on all summer long didn't wear the tread on your tires down. If it did, stopping on wet roads in the fall and winter will be difficult because your tires will tend to hydroplane.

To check the tread, all you need is a Lincoln penny. Insert Abe's head into the tread in a couple of spots on each tire. If you see the entire top of his

head, your tread is less than one-sixteenth of an inch deep -- below the level where you can count on it in slippery conditions. Time to replace your tires.

Since dirt ages a car and attacks paintwork, now is also a good time to get your vehicle washed and waxed. As a rule of thumb, it's a good idea to wash your car or truck every week or two, more often if you regularly drive through dirt.

Most brands of wax recommend you reapply once a month.

Here are some other things the pros at the National Institute for Automotive Service Excellence (ASE) recommend you take care of before winter arrives:

- Have a qualified auto technician check the condition of your battery and cables, plus



the radiator, and all hoses and belts.

- The cooling system/radiator should be completely flushed and refilled as recommended. The level, condition and concentration of the coolant/antifreeze should be checked periodically. (Never remove the radiator cap until the engine has thoroughly cooled!)

- Make certain the heater and defroster are in good working condition; have the exhaust system examined for leaks, a potentially deadly condition in closed vehicles.

- Replace worn wiper blades and keep plenty of washer fluid on hand to fight road salt, grit and other grime.

## 7 new-vehicle extras you can do without

Purchasing a vehicle is an expensive venture. Sticker prices on average vehicles typically stray above the \$30,000 mark across the board. According to a 2004 report by CNN, prices seem to climb by 2 or 3 percent each year. With such a tug on the wallet, many dealerships offer creative financing and incentives so buyers can reign in that number.

However, just when a buyer sits down with their salesperson to hammer out the sales contract - content with the negotiated figure - the long list of extras is presented. This can include everything from auto accessories to extended warranties. And the fact of the matter is, most you don't even need.

### Consider these items you can take a pass on:

**1. Dealer prep fees:** The manufacturer pays the dealership to

prepare the vehicle for you and you shouldn't be charged for it. However, it always is included on your bill. Refuse this unnecessary fee.

**2. VIN etching:** With this service, the vehicle identification number (VIN) is permanently etched into the windows to help deter theft. Some auto-insurance carriers will offer a discount for VIN etching, but that doesn't mean you have to pay top dollar to have the dealership do it. There are other less-expensive options, even a do-it-yourself kit that costs about \$25. Make sure the dealer removes this cost from your bill.

**3. Rustproofing or undercoating:** According to Consumer Reports, rust problems have almost vanished in modern vehicles and today's manufacturing offers good corrosive protection.

**4. Fabric protection:** If your vehicle has cloth seats, you can purchase a can of fabric protec-

tor and do the job yourself - much cheaper than through the dealership.

**5. Wheel locks:** These are special lug nuts that cannot be removed with a standard tire iron, and are meant to deter wheel theft. Unless you are overly concerned about theft, pass on this option.

**6. Extended warranties:** Today's vehicles come standard with at least a three-year/36,000-mile bumper-to-bumper factory warranty. So if you lease your new vehicle under a typical 3-year lease or are purchasing a vehicle that has an above-average reliability record, there's no need to waste funds on an extended warranty.

**7. Dealer oil changes:** Dealers often try to sell oil change and carwash packages. Usually you can have a quality job done elsewhere for much less. The same can be said for any major repair work.

## Chronology of the Car

Now that summer is here, you probably want to get your car in tiptop shape for the fall. Whether you take the car in for a tuneup, change the oil, or give it an interior and exterior wash, you will notice just how far your car has come from the days of the horse and buggy. Today's cars are a lot more advanced than ever before.

Do you remember a time when cars were not required to have automatic seat belts or air bags? How about when a new car cost less than \$600?

Take a short break from your car-care chores to relive the days when cars had a two-piece curved windshield and tail fins. The following events, courtesy of "Chronicle of the 20th Century" (DK), are some highlights of important events in the development of the modern car.

**April 1908** -- U.S. Steel begins producing all-metal automobile wheels.

**June 1919** -- New York inaugurates a written test for driver's license applicants.

**November 1927** -- The price for a new Ford automobile jumps almost \$200 from \$385 to \$570.

**February 1930** -- Traffic lights are installed at New York City intersections to protect pedestrians and drivers.

**January 1938** -- General Motors Corp. begins mass production of diesel engines.

**September 1948** -- The Cadillac comes complete with a two-piece curved windshield, a wide rear window, tail fins inspired by Lockheed's P-38 fighter aircraft and a Hydramatic automatic transmission.

**July 1952** -- GM offers cars with an air cooling system.

**March 1960** -- In New York, a car is displayed with a battery charged by solar cells.

**December 1970** -- President Nixon signs a bill to cut automobile fumes 90 percent by 1977.

**March 1971** -- Ford Motor Co. recalls Pintos due to an engine defect.

**January 1974** -- President Nixon signs a bill for a 55 mph ceiling on the speed limit.

**January 1975** -- Chrysler, GM and Ford -- the "Big Three" American automobile makers -- offer rebates to customers in an attempt to spur the sales of new cars.

**September 1980** -- The Chevy Chevette, Ford Escort and Lincoln Mercury Lynx are the first U.S. cars to record 30 miles per gallon.

**July 1984** -- New York institutes the nation's first mandatory seat-belt law.



In 1927, the price of the new Ford jumps almost \$200 from \$385 to \$570!



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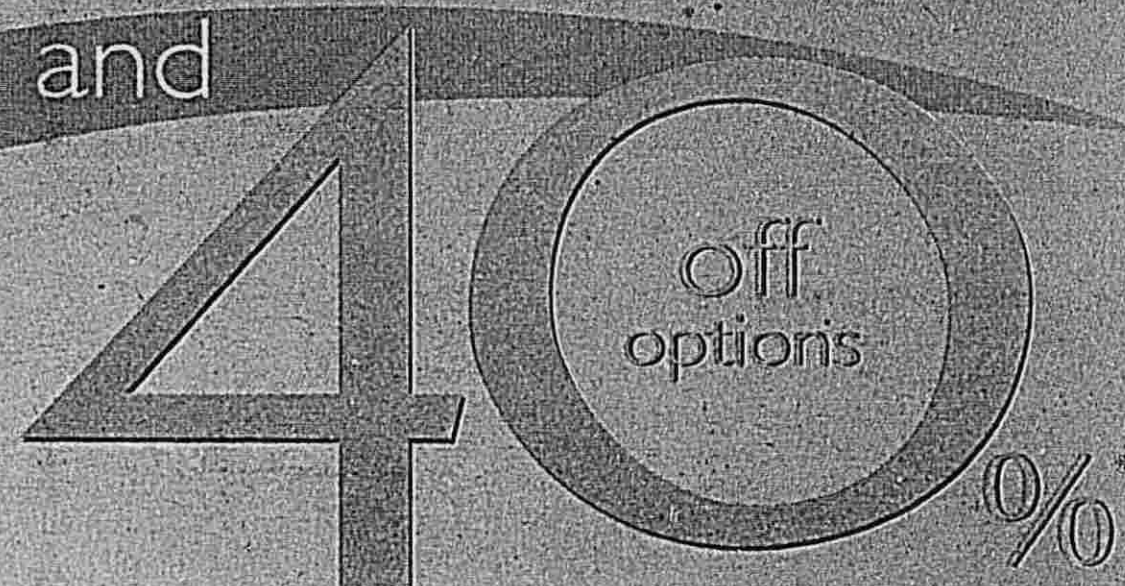
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This new community features parks, lakes and lots of open space. The Landmark and Executive Series Single Family have 2 and 3 car garages. The luxurious 2 story townhomes have 2-car garages and included lower levels.

Directions: Take I-90 to Randall Rd. North to Rt. 72, proceed west 2 miles to Sales Center.

## Montgomery - Blackberry Crossing West

### - MODEL GRAND OPENING!

Single Family Landmark and Premier Homes  
from the \$240's  
630.897.6800

This master planned community offers single family homes with 10 innovative and spacious 3 and 4 bedroom floor plans up to 3660 Sq. Ft. Directions: Take I-88 West to Orchard Road South. Turn right at Rt. 30 and head West to Gordon. Turn left on Gordon and head South to Sales Center.

## Crystal Lake - Bryn Mawr

### - PRE-CONSTRUCTION PRICING!

Executive Single Family Homes from the mid \$300's  
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Choose from 6 spacious floorplans. All homes include 3-car side load garages and 1/2 acre homesites. Great location!

Directions: Take I-90 west to Rt. 47 north to Rt. 176, turn right and proceed to Sales Center on left.

## Aurora - Lehigh Station

### - MODEL GRAND OPENING!

Luxury Townhomes from the \$280's  
630.978.1650

Come out and get a sneak peek of these luxury 2 & 3 bedroom townhomes with included lower levels and 2-car garages! Located on Liberty St. 1/2 mile west of Route 59 near the Fox Valley Mall and I-88.

Directions: Take I-88 West, Rt. 59 South, Liberty St. West to Sales Center.

## Plano - Lakewood Springs Townhomes

### - MODEL GRAND OPENING!

Townhomes from the \$160's  
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Exciting new townhomes in an established Master Planned community. Amenities include: pool, clubhouse, tennis and sand volleyball courts and jogging paths.

Directions: I-88 West to Rt. 56 West (Sugar Grove Exit) to Route 47 South to Route 34 West. Proceed 3/4 mile West to Midway. Turn left to Midway, turn left to Midway St. Turn left to Sales Center.

## Bolingbrook - Fairways of Augusta Village

### - MODEL GRAND OPENING!

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630.679.1063

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Directions: Take I-55 South, exit Weber Rd. north to 111th St./Kassart, head west to Kings Rd., north to Sales Center.

## Bolingbrook - Patriot Place

### - MODEL GRAND OPENING! MAINTENANCE-FREE!

Ranch and 2-Story Golf Course Villas from the \$300's  
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Directions: I-55 South to Weber Rd. North to Rodeo Dr./119th St., west to Eslington Rd., south to Sales Center.

## Volo - Lancaster Falls

### - PRE-CONSTRUCTION PRICING!

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847.201.1600

Live in the historical town of Volo and enjoy the close by Chain of Lakes. 3 & 4 Bedroom Landmark and Premier homes from 1896 to 3686 square feet.

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## Bartlett - Castle Creek

### - FINAL OPPORTUNITY TO LIVE IN BARTLETT!

Luxury Townhomes from the upper \$200's  
630.483.9600

Luxurious urban town homes located in the highly desired quaint Village of Bartlett.

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## Hoffman Estates - Haverford Place

### - MODEL GRAND OPENING!

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## Huntley - Talamore

### - MODEL GRAND OPENING!

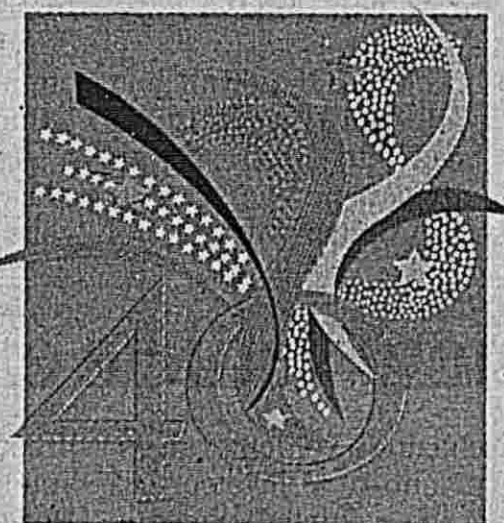
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# LAKELIFE

Friday  
October 6, 2006

WEEKLY JOURNALS  
Section C

## ● This Weekend

Head out to the Court Theatre in Chicago to enjoy the 1973 musical adaptation of Lorraine Hansberry's 1959 play, "A Raisin in the Sun." The play, "Raisin," is directed by Charles Newell and will be performed through Oct. 22.

Page C4

## Beating the odds

A brain stem injury victim tells her story of surviving a month-long coma in her first book, "Go Back and Be Happy."

5

## Dinner by Design

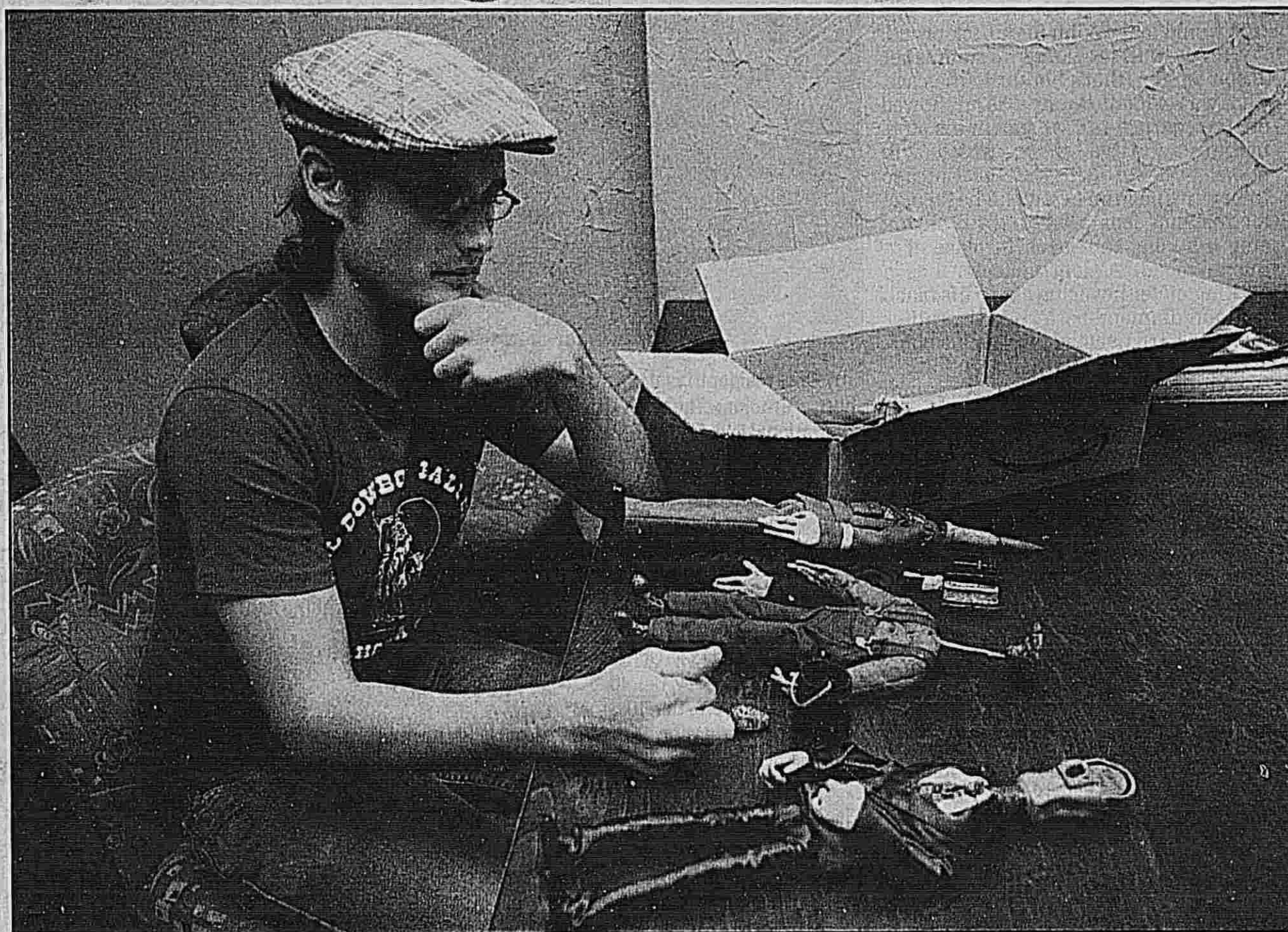
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# Creating a new world



Sandy Bressner - sbressner@nwnewsgroup.com

Jason Sandri, of Grayslake, talks about his stop-animation short film, "Cranium Theater." The film will be shown during the 42nd Chicago International Film Festival, which takes place Oct. 5 through 19. The festival is an opportunity for movie lovers to view new films. See the story on page C2.

**L.A. Spas**

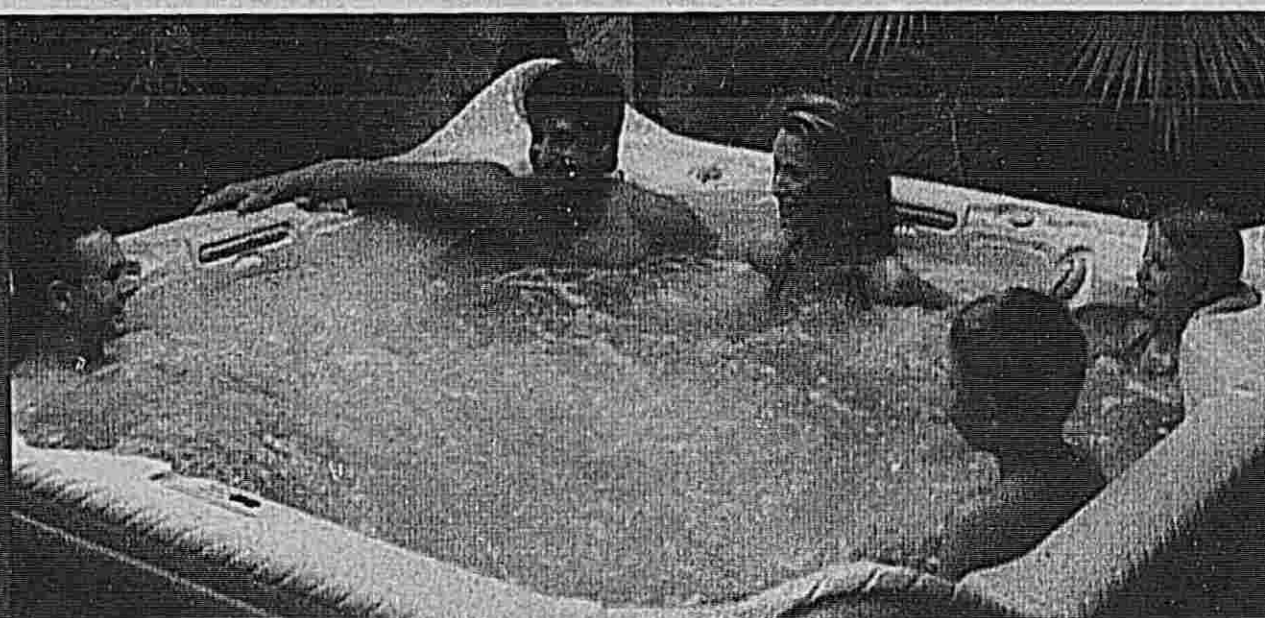
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# Local filmmaker debuts short at Chicago festival

By MATT PERA  
mpera@nwnewsgroup.com

In the film "Cranium Theater," a farmer struggles to maintain possession of his crops, as various individuals appear on his land, staking claim to the fruits of his labor.

The plot sounds straightforward enough, reminiscent even of the type of classic American working-class tale that would make John Steinbeck proud.

However, in the hands of filmmaker Jason Sandri, that's not quite the case. That was evident recently, as he showed off the characters that star in his stop-motion animated short, which will make its debut Oct. 7 at the Chicago International Film Festival. The farmer, for instance, has a large brain sitting atop his long, thin neck in place of a human head. A debt collector has a parking meter hovering above his black suit and diamond-patterned tie, rather than the hard-hearted face such a character might have in a live-action film.

This is the world of "Cranium Theater," which took Sandri, 20, his entire final year at Columbia College in Chicago to complete.

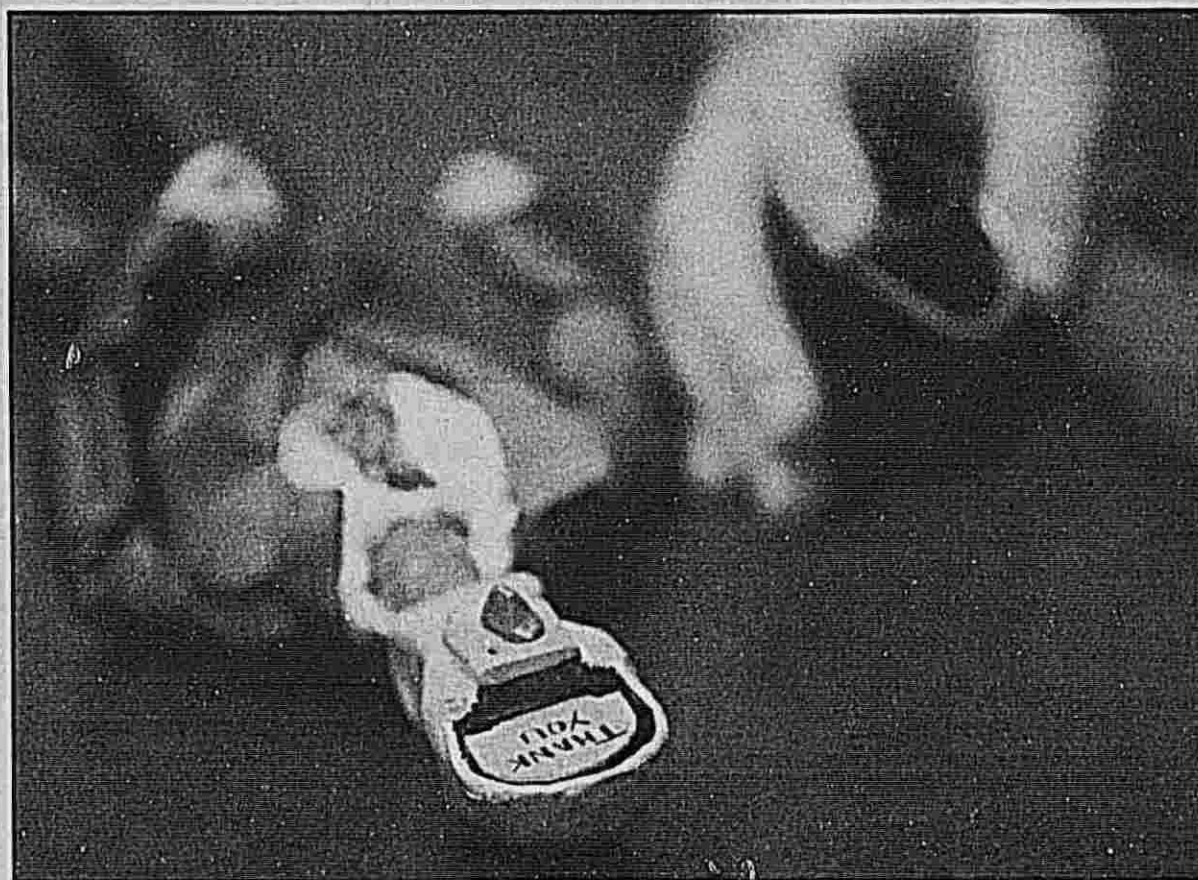
The seven-minute short was filmed at his parent's house in Grayslake, where he constructed a small stage for the set out of two-by-fours in the basement. The five characters in the film are models, about 36 inches tall each, that Sandri built using aluminum wire, PVC piping and foam.

Each model was filmed in the stop motion method, a painstaking process in which the model is moved 24 times a frame to convey fluid motion, with each frame comprising 1 second of footage.

Sandri said he was drawn to the stop motion method at a young age, influenced by Hollywood producer and special effects wizard, Ray Harryhausen, one of the pioneers of the method.

"I always was interested in it," Sandri said. "When I was a kid I used to use the camcorder to make [shorts] with action figures and stuff."

"Cranium Theater" follows the farmer character, who plants pieces of his brain in his field that sprout minia-



Sandy Bressner - sbressner@nwnewsgroup.com

Grayslake resident Jason Sandri shows some of the characters used in his stop animation short, "Cranium Theater." The film will be shown during the 42nd annual Chicago International Film Festival. Sandri made the film during his senior year at Columbia College.

## Want to see it?

Grayslake resident Jason Sandri's animated short, "Cranium Theater," will be a part of the "Homegrown" collection of shorts at the 42nd Annual Chicago International Film Festival, which takes place Oct. 5 to 19.

Below is a list of show times for Sandri's film, which will play at the AMC River East 21, 322 E. State St. in downtown Chicago.

1:30 p.m. on Saturday, Oct. 7

3:30 p.m. on Tuesday, Oct. 10

4:30 p.m. on Friday, Oct. 10

For ticket information, visit [www.chicagofilmfestival.org](http://www.chicagofilmfestival.org), or call AMC River East 21 at (847) 765-7AMC.

ture brains, which are coveted by the other characters in the film. The farmer is approached by the debt collector, a priest (who has a book with a cross on the cover in place of the head), and two military officials (whose heads are replaced by bullets).

Each character walks away with one of the brains, until the farmer has nothing left.

The Chicago International Film

Festival Web site calls Sandri's film, "a quirky critique of the excessive demands of church and state." But the young filmmaker, who graduated from Columbia in May, said he was hesitant to present his film as any specific moral fable, pointing out that he was careful not to make the military officials' uniforms resemble any U.S. garb.

"I don't want to touch on any [sensitive] subject that I was not intending to

## Films to look for at the festival:

"Babel," with Brad Pitt, Cate Blanchett and Gael Garcia Bernal, is the third film in Alejandro Gonzalez Inarritu's trilogy, which includes "Amores Perros" and "21 Grams."

In "Babel," events in Morocco, Japan, the US and Mexico are linked because of a shooting incident. All three films are brilliant, and each is Oscar worthy.

"Venus," starring Peter O'Toole and Vanessa Redgrave, is about a man in his 70s who once again has unexpected youthful yearnings after a 19-year-old woman enters into his life.

"Jasmine Women," with Zhang Ziyi and Joan Chen, focuses on three generations of women who experience loss and love in harmoniously similar ways.

"The Queen," starring Helen Mirren, presents an objective and nuanced look behind palace walls during the week following the death of Princess Diana.

"The Fountain" explores themes of passion, death, spirituality and the frailty of life, as it chronicles the love of a man and woman over the course of 1,000 years. It stars Rachel Weisz and Hugh Jackman.

"A Guide to Recognizing Your Saints" follows a man (Robert Downey Jr.) as he returns to his childhood home to aid his ailing father. He faces the demons of his past and revisits the saints who helped shape his fate as a salvaged man.

"Dixie Chicks: Shut Up and Sing" shares three years of turbulence for the group after they said, "Just so you know, we're ashamed the president of the United States is from Texas," at a London concert.

Other movies will be discussed in next week's LakeLife. For more information, visit [www.chicagofilmfestival.com](http://www.chicagofilmfestival.com), or call (312) 332-FILM.

Information provided by Pam and George Singleton  
[welisten@playrules.com](mailto:welisten@playrules.com)

comment on," he explained.

Audiences will have the chance to interpret the film for themselves during three screenings of "Cranium Theater," which was selected to run in a collection of shorts called, ironically enough, "Homegrown."

Sandri added there was a little extra vindication for his film being included. Last year it was not selected for Columbia's annual showcase of student works, "the Big Screen."

He can laugh about it now, as "Cranium Theater" will soon be seen by audiences during the biggest cinematic event Chicago has to offer.

Anyone seeing the film will likely have a chance to talk to the director about his work, as he said he plans to attend each screening during the festival.

"I plan on going to all of them just to sort of see the reaction and what people think of it," he said.

Sandri said he plans to submit "Cranium Theater" to some other festivals throughout the U.S., after which he will likely leave Chicago for the city where he has the best chance to land a full-time job in stop-motion animation.

"There's work in animation [in Chicago], but a lot of it's for advertising or web graphics, that kind of stuff," he said. "I want to do more cinematic filmmaking animation, which, if you really want to pursue that, pretty much the only place is L.A."

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# Adventure under the big top: local author's book examines 'circus' life

By HELEN MANSFIELD  
hmansfield@nwnewsgrgroup.com

GRAYSLAKE – G.C. Rosenquist, or Gregg as I call him, is a talented artist and a gifted writer. He also is quite an attractive young man, if you're into long-haired guys who wear leather jackets.

And I am not just saying that because I work with him, or because his newlywed wife, Katrinka Rosenquist, is a dear friend of mine.

Rosenquist, a resident of Lindenhurst, has a background in graphic design. He works at the Weekly Journals in the ad services department, designing some of the attractive advertisements you see throughout the paper you are holding.

An entrepreneur, Rosenquist also runs his own graphic arts company, The Office Ink Inc.

I sat down with him recently and asked him about his latest

## About the 'ring master'

**Name:** G.C. "Gregg" Rosenquist  
**Age:** 39

**Hometown:** Born in Chicago, his family moved to Round Lake Beach in 1972.

**Education:** Rosenquist has taken a number of classes in fiction and poetry under Paulette Roeske, who used to teach at the College of Lake County.

**Family:** He has one son, Josh, 21

**Current residence:** He currently resides in Lindenhurst with his wife Katrinka and her 13-year-old son Ryan.

book "Super Elastic Traveling Sound Circus," a book of poems.

**H.M.** In the book's forward, you say that this book of poetry came about because of all the turmoil you were going through in 2004. What was going on?

## Want to know more?

**Author G.C. "Gregg" Rosenquist** will attend a book signing from 1 to 4 p.m. on Saturday, Oct. 7, at **This Old Book** in Grayslake.

Rosenquist will sign copies of his latest book, a collection of poems called "Super Elastic Traveling Sound Circus," as well as his other books, "The Opening and Closing of the Moon," "The Funnel Flyer" and "Evermore."

This Old Book is located at 138 Center St., across from The Last Chance Saloon.

**G.C.R.** I was in the process of splitting with my ex-wife, and I was living with my brother for a year. That was pretty rough. My son was 19. There was just a lot going on.

**H.M.** What affect has your new relationship had on your writing?

**G.C.R.** It's given me stability; I don't have to worry about things, so I'm planning on writing a novel in the fall. It's messed up my poetry. I guess it's better when it comes from the "angst" point of view.



G.C. Rosenquist

now. I had always been a hater of poetry, so the way I've written it, I'm hoping to get new readers into it. I love it now.

**H.M.** Are you an artist who is a frustrated writer, or are you a writer who is a frustrated artist?

**G.C.R.** I'm probably a frus-

trated artist. There's so much I want to do, but the writing and family get in the way sometimes.

**H.M.** Whose writing career do you envy?

**G.C.R.** I'm a big fan of Hemingway. I admire the way he wrote – simple and clean. As for his personal life, he was a real ass! I guess that's the price you pay for genius.

**H.M.** What writing challenges would you like to tackle in the future?

**G.C.R.** All three of my books have been really different. The first one was high literature, the second was quasi-sci fi, the third was horror. And I like that. I have a book coming out next summer that is 32 short stories about growing up in Lake County. One of these days I'll strike it rich.



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Pam and George Singleton review "The Last King of Scotland," directed by Kevin Macdonald.  
—(see page C6)



# Court's uneven 'Raisin' comes up short

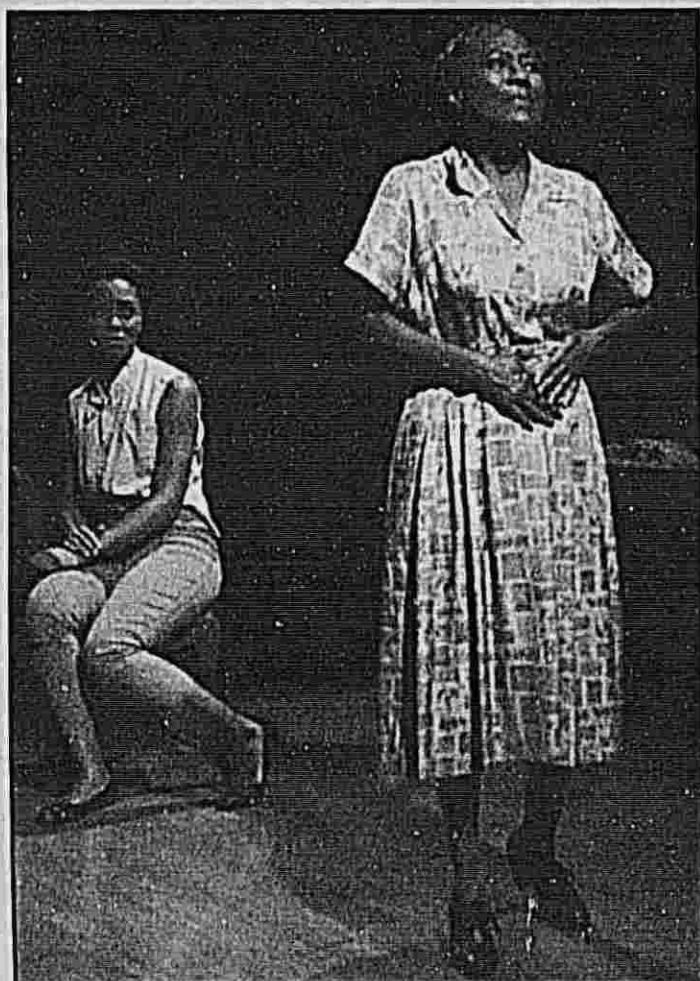


Photo provided

Malkia Stampley (left) and Ernestine Jackson in a scene from Court Theatre's "Raisin."

By TOM WITOM  
thomaswitom@yahoo.com

Court Theatre, continuing a commitment to revive the classics, opens its season with "Raisin," a 1973 musical adaptation of playwright Lorraine Hansberry's 1959 play, "A Raisin in the Sun."

This version, taken from a book by Robert Nemiroff and Charlotte Zaltzberg, with music by Judd Woldin and lyrics by Robert Brittan, is set during the 1950s in a tenement on Chicago's South Side. At first blush, it comes across as dated, but as it unfolds, universal themes underpinning the drama, as relevant today as they were decades ago, emerge.

Unfortunately, this production, under the direction of Charles Newell, never reaches its full potential. Despite strong leads, the acting never truly catches fire, and, despite backup from an exuberant gospel quartet and four-man orchestra pit, Brittan's songs remain less than compelling.

## All the details

What: "Raisin"

Where: Court Theatre, 5535 S. Ellis Ave., Chicago

When: Through Oct. 22

Tickets: \$36-\$54

Show information: (773) 753-4472

"Raisin" tells the story of a black family's dreams for a better life. Suddenly, with the imminent arrival of a sizable life insurance check, things are looking brighter for the aging Lena Younger (Ernestine Jackson, two-time Tony nominee in a powerful performance), the recently widowed matriarch who longs to leave the crowded apartment for a house with enough room for the extended family to spread its wings—even if the place she has set her sights on is in a part of the city yet to be integrated.

Lena's proud son, Walter (David St. Louis), sees the money as a chance to make a business investment that

would lead to financial security and a way out from his frustrating job as a chauffeur. Meanwhile, Lena's daughter, Beneatha (Malkia Stampley), hopes to use her share for medical studies. Walter's wife, Ruth (Harriet Nzinga Plumm), also would like a roof of her own, but emphasizes with her husband's dream, even though she has little faith in his choice of partners.

Things don't go as planned. Supported by Lena's strong backbone and unwavering love, Walter eventually summons the courage to overcome a tempting bribe by the so-called "welcome committee" from the racially divided neighborhood association.

Even Beneatha, encouraged by her Nigerian suitor (Travis Turner), finds her options are broader than she had initially thought.

Rounding out the cast are Adero Neely, as the Youngers' 12-year-old son; Joslyn Jones, as the alarmist neighbor and Charles Newell, the smarmy neighborhood emissary.

# 'Dates from Hell' leaves audience wanting more

By KATHY GRESEY

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EMILY PREVITI

epreviti@nwnewsgroup.com

ARLINGTON HEIGHTS — Whoever goes to see "Dates from Hell" should prepare to be disappointed.

The two-act play mixes humor and poignancy in more than 15 scenes that culminate in one that most lives up to the show's "R" rating.

The plot relates reality-based romantic tales that speak to diverse ages, sexual orientations, ethnicities and occupations. Audience members can even swill beverages, including coffee and Smithwick's, a British brew, during the performance. And the script is peppered with regional references.

But after two hours, the play ends. And therein lies the let down.

Erin Ordway, ("Female 1") shines in comedic monologues performed across a bistro table from the audience's front row, while David Elliot's ("Male 3") versatility becomes apparent as he shifts from barfly to nice guy.

The age of audience members on opening night spanned generations, but all could likely relate to the awkward first encounters depicted in settings from a juke-

## Check it out

What: "Dates from Hell"

When: 10 p.m. on Saturdays, through Nov. 11

Where: Metropolis Performing Arts Centre, 111 W. Campbell Street, Arlington Heights

Tickets: \$15

For more information: Call (847) 577-2121, visit metropolisarts.com, or swing by the centre.

Note: Parents or guardians must accompany children 17 and younger

box-jam-packed watering hole to the workplace.

Throughout the play, songs showcased the gamut of musical genres from multiple eras. Pieces from Snoop Dogg, Madonna, Frank Sinatra and Jimi Hendrix kept the performance upbeat.

In one scene, Eric Lenhart ("Male 1") confesses over his cell phone that he once pretended to be Jewish to get a lady, as his playwright friend drills the salacious story words into his laptop. As Lenhart's character reaches the climax of his anecdote, his wife—not the girl in the discussion—walks in.

Stephanie Wooten-Austin ("Female 3") takes on two of the play's more tragic

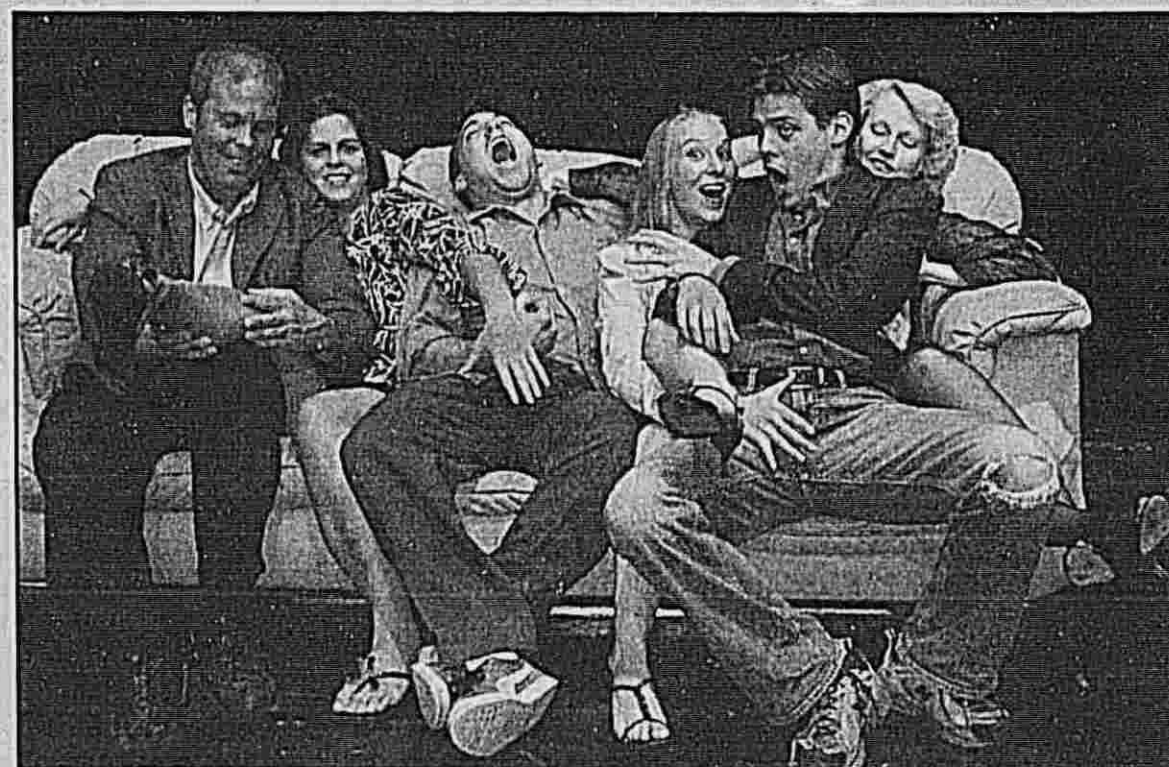


Photo provided by Jim Jarvis

(Pictured from left): David Elliot, Christy Koesters, Eric Lenhart, Erin Ordway, Paul Perroni and Stephanie Wooten-Austin star in "Dates from Hell," a new, original late-night comedy inspired by real-life horror stories.

roles, when she plays a widow distracted from dating by memories of her late husband and, later, a mother who ditches her date because her son has not come to terms with his parents' divorce.

This is a production for everyone.

We all can relate to it—whether we have dated, are dating, or wish to date, but can't work up the nerve to make it happen—and all should see it.

In terms of enjoying a good thing while it lasts, audience members won't be disappointed.



# Local woman writes story about amazing recovery

Despite the odds,  
brain stem injury  
victim survives  
serious accident

By KATHY GRESEY

kgresey@nwnnewsgruop.com

When 42-year-old Julie Papievis awoke from a month-long coma 13 years ago, she had no idea how fortunate she was to be alive. Today, she fully recognizes how close she came to death.

Papievis is the survivor of a severe brain stem injury. In 1993, the car she was driving was struck by another vehicle. The accident left the then-29-year-old woman partially paralyzed. Doctors were not sure if she would survive.

After waking from her coma, Papievis stunned medical personnel with the speed and extent of her recovery. Her book, "Go Back and Be Happy," explains how her near-death experience and recovery changed her life.

"People want to know more about the struggle and the near-death experience," Papievis said. "It's been that way since the beginning. The more I have educated myself, the more I have realized how amazing this was. This has been a gift to me."

## The story

While driving to her older sister's house, Papievis' became paralyzed from a severe brain stem injury. She was making a left-hand turn and was hit by another car that ran a red light. About a month later, she awoke from a coma with no knowledge of the accident.

From that day on, Papievis spent countless hours in rehabilitative therapies. She had to re-learn how to walk, talk, eat and take care of herself.

For a woman who had been training for a biathlon, life was incredibly difficult - both physically and emotionally. Papievis said she often wondered why she had survived at all.

"Something [was] wrong

“

I was given this recovery. This is God's story. I've always had a lot of faith, and I feel very grounded in that way.

Julie Papievis

Author of "Go Back and Be Happy"

”

with every part of [my] body," she said. "Eye sight, arm use, swallowing. It was hugely overwhelming. And that's where I was. People would never know that now."

Papievis worked very hard to achieve her recovery, but she does not think she could have done it without God.

She has shared her story with Lifetime Television, CNN and others who have experienced severe injury. She hopes that people can be inspired by her recuperation.

"I was given this recovery," Papievis said. "This is God's story. I've always had a lot of faith, and I feel very grounded in that way."

## The book

In between working part-time for a law firm and volunteering at several Chicago-area medical institutions, Papievis wrote her book with co-author Margaret McSweeney.

At first, she said, she didn't feel the need to tell her miraculous tale. But many people convinced her to share her story.

"To me, this wasn't a miracle," Papievis said. "I thought, 'I just want to get back to my life.' But this is obviously something that people care about and think about. Someone has to get the word out."

Papievis said it was McSweeney's talent as a writer that pulled her story together. Once started, the project was completed within months. The book was published last May.

A "Go Back and Be Happy" book discussion and signing is scheduled to take place at 11:30 a.m. on Thursday, Nov. 9, at the Union League Club in Chicago.

For more information, visit [www.gobackandbehappy.com](http://www.gobackandbehappy.com).

Now that the book is complete, the author said she hopes

those who read her story will be inspired by her tale.

"I just don't want people to give up on themselves," she said.

Papievis added that she plans on helping injured people and their families for some time to come. Her injury can serve a positive purpose, she said.

"What I really want to be able to do is go, ... where I can really offer help to people and speak to groups who want to hear a message of hope," Papievis said. "I think that will be my work."

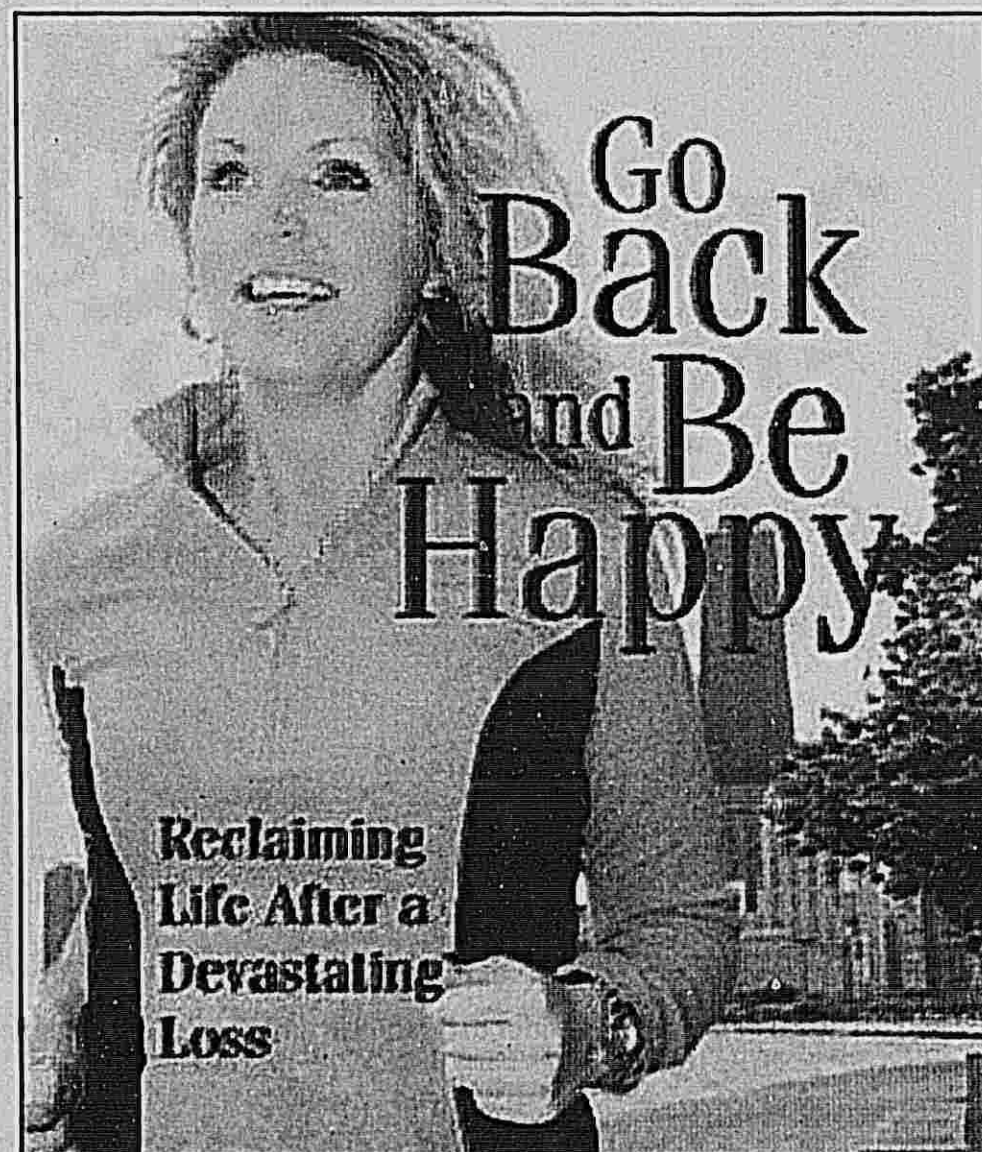


Photo provided

Chicago-area resident Julie Papievis talks about her recovery from a severe brain stem injury in her book, "Go Back and Be Happy."

2000 George Kochanec, Jr., Courtesy of Rocky Mountain News

1945 Joe Rosenthal, Courtesy of The Associated Press

1985 Hal Stoezel, Courtesy of The Orange County Register

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- 4 = Don't miss this movie!  
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2 = Wait until this movie comes out on video  
1 = Someone should be fired for making this movie



Photo provided

Forest Whitaker stars as the leader of Uganda in director Kevin Macdonald's film, "The Last King of Scotland."

# A fierce reign of terror

Oscar-worthy stars make 'Last King' a winning choice

By PAM and GEORGE SINGLETON  
wellisten@playrules.com

Idi Amin (Forest Whitaker), the President of Uganda from 1971 until 1979, admired all things Scottish. One of the titles he bestowed on himself after assuming office was the King of Scotland. As much as he loved Scotland, he despised England. Amin served in the Scottish military, and four of his sons had Scottish names. This film, adapted from the novel by Giles Foden (who is one of the screenwriters as well), is touted as being "inspired by real events and people." There's a lot of creative license borrowed here. The other two co-writers are Peter Morgan ("The Queen") and Jeremy Brock ("Mrs. Brown"). Kevin Macdonald, the award-winning director of the documentaries "Touching the Void" and 1999's "One Day in September," takes the helm for his first dramatic feature.

## "The Last King"

Director: Kevin Macdonald

Rated: R; some strong violence and gruesome images, sexual content and language

Additional info.: Fox Searchlight; approximately 121 minutes

The story is seen through the eyes of a young Scottish doctor who becomes a confidant of Amin and witness to a gruesome history. It begins in 1970 Scotland, where the doctor, played by Nicholas Garrigan (McAvoy), has just finished medical school.

He takes a post in Uganda to get away from his doctor father and his doting mother. The character Garrigan does not appear in the book, but there was a Scottish businessman in Amin's inner circle. The composite created for the film is much younger, brasher and certainly sexier than his counterpart in the text. He is naïve and caught up in the romanticism of Africa. He seduces a lovely, young African woman on his bus ride to the remote outpost, and once he arrives, Garrigan is captivated by the older doc-

tor's wife, Sarah (Gillian Anderson), and begins an affair with her.

Amin has just come into power, and he draws crowds in the poor villages as he gives speeches, promising freedom and improved conditions. Garrigan is enthralled by Amin's charisma and the excitement of the rally. Sarah tries to warn him of Amin's duplicity.

Amin's hand is hurt in a road accident just outside the village, and Garrigan takes care of the injury quickly and handles the situation that caused the problem quite decisively. Amin immediately likes Garrigan, especially when he discovers he is Scottish. He asks Garrigan to come to work for him at the new hospital in Kampala. Garrigan declines the offer.

But once Garrigan is in Kampala on other business, he is lured into accepting the position by Amin's extravagant gifts of an apartment, a Mercedes convertible and women. He becomes Amin's personal physician and confidante; in Amin's words, "my closest advisor."

See LAST KING, page C7

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FLYBOYS (PG-13) 12:30 (3:30) 6:30 9:40  
SCHOOL FOR SCOUNDRELS (PG-13)  
1:00 (4:00) 7:00 9:50  
LITTLE MISS SUNSHINE (R)  
12:45 (3:45) 6:15 9:15  
THE ILLUSIONIST (PG-13) 2:00 (5:00) 7:30 10:10  
THE LAST KISS (R) 1:15 (4:15) 6:45 9:30  
HOLLYWOODLAND (R) 1:30 (4:45) 8:00

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THE DEPARTED (R)  
12:15 1:00 (3:30 4:15) 7:00 8:00 10:20  
GRIDIRON GANG (PG-13) 12:30 (3:15) 6:30 9:30  
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R)  
2:00 (5:00) 7:30 9:50  
THE GUARDIAN (PG-13) 12:45 (3:45) 6:45 10:00  
OPEN SEASON (PG)  
12:00 1:30 2:15 (4:00 4:30) 6:15 7:15 9:00 9:40  
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THRU THURSDAY, OCT. 12  
**EMPLOYEE OF THE MONTH\*** (PG-13)  
Daily 12:35 2:50 5:05 7:20 9:35  
**THE DEPARTED\*** (R)  
Daily 12:20 3:25 6:30 9:35  
**TEXAS CHAINSAW MASSACRE: BEGINNING\*** (R)  
Daily 1:40 3:45 5:50 7:55 10:00  
**OPEN SEASON\*** (PG)  
Daily 12:30 2:30 4:30 6:30 8:30  
**THE GUARDIAN\*** (PG-13)  
Daily 1:10 4:00 6:50 9:40  
**SCHOOL FOR SCOUNDRELS\*** (PG-13)  
Daily 12:40 2:50 5:00 7:10 9:20  
**JACKASS: 2** (R)  
Daily 1:25 3:30 5:35 7:40 9:45  
**FLYBOYS** (PG-13)  
Daily 1:20 4:10 7:00 9:50  
**GRIDIRON GANG** (PG-13)  
Daily 1:55 4:35 7:15 9:55  
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## Still playing

**The Black Dahlia:** R  
**Fearless:** PG-13  
**Flyboys:** PG-13  
**Gridiron Gang:** PG-13  
**Hollywoodland:** R  
**How to Eat Fried Worms:** PG  
**Lassie:** PG  
**The Wicker Man:** PG-13  
**Open Season:** PG

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Adv. Tix on Sale KISS ON THE BIG SCREEN (NR) \*  
DEPARTED (R) - ID REQ'D (1145 310) 630 945  
Big Screen: DEPARTED (R) - ID REQ'D (1245 410) 730 1045  
TEXAS CHAINSAW: THE BEGINNING (R) - ID REQ'D (1200 215 430) 700 930  
Big Screen: TEXAS CHAINSAW: THE BEGINNING (R) - ID REQ'D (100 315 530) 800 1030  
EMPLOYEE OF THE MONTH (PG-13) (1135 1235 155 255 420 520) 645 745 910 1010  
THE GUARDIAN (PG-13) (1230 355) 725 1035  
OPEN SEASON (PG) (1155 1255 205 305 415 515) 635 735 900 1000  
SCHOOL FOR SCOUNDRELS (PG-13) (1215 240 505) 740 1040  
FLYBOYS (PG-13) (1250) 640  
JACKASS: NUMBER TWO (R) - ID REQ'D (1140 1240 200 300 425 525) 650 750 915 1015  
JET LI'S FEARLESS (PG-13) (1130 210 440) 710 940  
THE BLACK DAHLIA (R) - ID REQ'D (105 405) 705 1005  
GRIDIRON GANG (PG-13) (110 400) 655 1020  
THE LAST KISS (R) - ID REQ'D (350) 1025  
THE COVENANT (PG-13) (1205 225 450) 720 955  
INVINCIBLE (PG) (1150 220 445) 715 950  
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Texas Chainsaw: Beginning (R) ✓  
12:30, 2:45, 5:00, 7:15, 9:30  
Texas Chainsaw: Beginning (R) ✓  
1:35, 3:50, 6:05, 8:20  
Employee Of The Month (PG13) ✓  
12:45, 3:00, 5:10, 7:30, 9:45  
Employee Of The Month (PG13) ✓  
1:40, 4:00, 6:15, 8:30  
The Departed (R) ✓  
12:50, 4:10, 7:30  
The Departed (R) ✓  
2:15, 5:30, 9:00  
The Guardian (PG13) ✓  
12:50, 3:50, 6:50, 9:50  
The Guardian (PG13) ✓  
2:10, 5:10, 8:10  
Open Season (PG) ✓  
12:30, 2:40, 4:50, 7:05, 9:10  
Open Season (PG) ✓  
1:35, 3:45, 5:55, 8:05  
School For Scoundrels (PG13) ✓  
12:35, 2:55, 5:25, 7:45, 10:05  
Jackass 2 (R) ✓  
12:40, 3:00, 5:15, 7:40, 10:05  
Jackass 2 (R) ✓  
6:35, 8:55  
Flyboys (PG13) ✓  
12:35, 3:35, 6:35, 9:45  
Jet Li's Fearless (PG13) ✓  
12:55, 3:05, 5:20, 7:35, 9:55  
Gridiron Gang (PG13) ✓  
1:45, 4:30, 7:15, 10:00  
The Black Dahlia (R) ✓  
1:05, 4:00  
The Covenant (PG13) ✓  
12:30, 5:15, 10:00  
Wicker Man (PG13) ✓  
12:35, 2:55, 5:25, 7:45, 10:05  
Illusionist (PG13) ✓  
1:25, 4:05, 7:05, 9:35  
Invincible (PG) ✓  
2:50, 7:40  
Talladega Nights (PG13) ✓  
1:45, 4:15, 7:00, 9:40

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UPCOMING FILMS BEGIN AT ADVERTISED SHOWTIMES



# Ruling with an iron fist in new film

## • LAST KING

Continued from C6

The major flaw in the film is Garrigan's fictitious and absurd romance with one of Amin's wives, Kay, played by the beautiful Kerry Washington.

Garrigan knew of the atrocities carried out by Amin for

lesser offenses.

The results were horrific for Kay and led to Garrigan's devastating departure from Uganda.

"The Last King of Scotland" was filmed in Uganda, with the participation of the country's President and its citizens. It is acknowledged that Amin was a despot who facilitated a blood-bath in Uganda.

An estimated 300,000 people were killed during his reign. He died in exile in Saudi Arabia on Aug. 16, 2003.

Forest Whitaker captures the maniacal nature of Amin, allowing us a terrifying look at his erratic temperament. Whitaker's portrayal is generating Oscar buzz.



## • Now playing



Photo provided

Martin Scorsese directs a remake of the Hong Kong film "Internal Affairs" in "The Departed."

## Two new movies ready to entertain viewers everywhere

These films are currently playing at local theaters. An average of six new reviews a week, as well as recent releases, can be found under Now Playing at [www.reelmoviecritic.com](http://www.reelmoviecritic.com).

**Darshan: The Embrace (Not Rated):** Amma, one of India's most famous "Mahatmas" or spiritual guides, is known internationally for her charitable work and fight for peace.

In 2002, she was awarded the

Gandhi King Prize, joining the prestigious group of recipients that includes Nelson Mandela and Kofi Annan. This intimate documentary captures her charisma and loving spirit. The film chronicles her journey throughout India as her disciples wait for hours just to hear her captivating speeches and receive a hug from her. She is an inspiration to many and a comfort to those who have little hope to cling to.

Playing for one week at The Music Box in Chicago.

**The Departed (R):** Martin Scorsese brings us a remake of the Hong Kong film "Infernal Affairs."

He's a natural to take this solid story, which we highly recommend you see on video.

Two men on opposite sides of the law, one a cop and the other a gangster, infiltrate the organizations of their enemies. In this case, one man from the Irish Mafia goes undercover in the Massachusetts State Police, while the cop goes undercover in the Mafia.

The leaders of the organizations learn they each have a mole and do everything possible to find out who it is. Undercover takes on a deeper meaning than usual as discoveries are revealed.

This gritty film is not for the faint of heart.

## • To Do

### Haunted Harvest

The Haunted Harvest of Lambs Farm is a spooky celebration full of fun and adventure. The second annual event will take place from 6 to 10 p.m. on Oct. 7, 14, 21, and 28.

The farm's Graveyard Golf offers miniature golf among tombstones. Other haunted activities also will be available for attendees. Admission is \$15 for an all-night pass. Individual attraction tickets can be purchased as well.

Lambs Farm is located at the intersection of I-94 and Route 176 in Libertyville. For more information, call (847) 362-4636, or visit [www.lambsfarm.org](http://www.lambsfarm.org).

### Music lessons

Registration has begun for the fall session of "Music lessons make you smarter" on guitar, piano, keyboard, drums, percussion, band and orchestra instruments, and folk instruments at the Village School of Music in Deerfield.

As an incentive to monthly students, rental instruments are available on a monthly basis. For more information about rentals, rates and appointment times, call Lana Rae at (847) 945-5321.

### Sukkah decorating

In honor of the Jewish harvest holiday, Sukkot, the Chicago North Shore Section of the National Council of Jewish Women will create an annual sukkah display at the Regenstein Fruit & Vegetable Garden from Saturday, Oct. 7, through Sunday, Oct. 15. Families are invited to take part in arts and crafts activities to decorate the sukkah from 11 a.m. to 4 p.m. on Sunday, Oct. 8.

Sukkot, or "The Festival of Booths," celebrates the end of the harvest and the days when the Hebrews dwelt in the wilderness before entering the Promised Land. A sukkah is often erected during the festival. This branch-covered booth is decorated with fall

fruits and vegetables, including dried corn, squash and gourds.

The National Council of Jewish Women is a volunteer organization for socially conscious Jewish women interested in community service and political advocacy. The NCJW's Chicago North Shore Section offers public affairs, community service and education programming.

For more information on the sukkah or to volunteer, contact [jennifer.dee@comcast.net](mailto:jennifer.dee@comcast.net).

### Haunted house

The St. Matthew Haunted House, started 15 years ago, is a 14-room production with more than 3,000 square feet of terror. Admission is \$10. The house is open from 7 to 11 p.m. on Oct. 13, 14, 20, 21, 27 and 28. A Kiddie House will also be open during those times (admission is \$5).

St. Matthew Haunted House is located on Old McHenry Road, between Quentin and Midlothian roads, in Hawthorn Woods. For more information call (847) 438-7709, or visit [www.stmatts.net/haunted](http://www.stmatts.net/haunted).

### Halloween Pig Roast

The village of Round Lake Heights will host its 11th annual Halloween Pig Roast on Saturday, Oct. 28, at the village hall grounds, 619 W. Pontiac Court.

Festivities, including a costume and pumpkin decorating contest, will run from 5 to 9 p.m. Cost is \$6 a plate for adults and \$3 for children 12 and under. The meal consists of pork, pop or beer, corn, potato salad or beans. Children have the option getting a hot dog.

For more information, contact village treasurer Maribel Carrillo at (847) 546-1206.

**ANTIQU\***

**\* MARKETS \***

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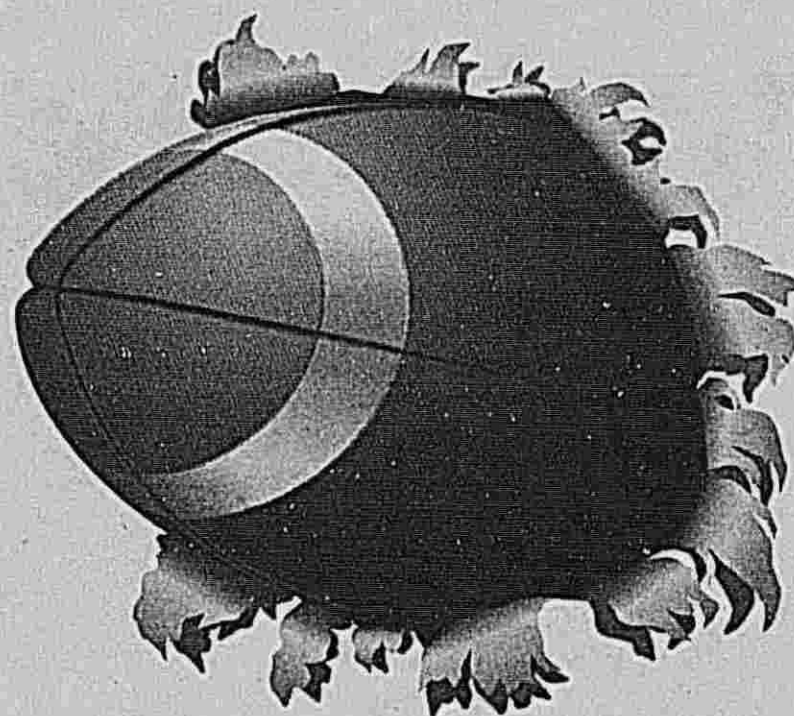
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Week 6  
Games of Oct. 14-15

16	
15	
14	
13	
12	
11	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

**136 TOTAL POINTS**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State (zip) \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_

Night Phone ( ) \_\_\_\_\_

### HOW

Select a winner  
games, listed below  
order of your choice.  
es. Win points at 1  
tion toward possible  
complete rules be  
8 (eight) years of  
along dotted line,  
POWER POINTS  
retail outlet(s). E  
address and phone

**LIMIT:** You may  
once per

**DEADLINE:** 1

TIEBREAKER 1

TIEBREAKER 2

**THIS WEEK**

Buffalo at Detroit  
Carolina at Baltimore  
Cincinnati at Tampa Bay  
Houston at Dallas  
NY Giants at Atlanta  
Philadelphia at New York  
Seattle at St. Louis  
Tennessee at Washington

### .... POWER POINTS O

1. Object of the game is to amass as many of the 136 possible points as you can. Simply review the week's schedule of games, listed on entry form, and decide which game you are SUREST of picking a winner in. Write the name of your projected winner on the 16-point line, and so on down to the 1-point line, which game you figure to be a toss-up. Next, fill in Tiebreaker 1, the total points scored by both teams in the week's designated game. If this step fails to produce a winner, the judges will apply Tiebreaker 2, total offensive yardage from scrimmage in this game. If a winner still doesn't emerge, a drawing will be held among those contestants still tied. Decisions of the judges are final. The weekly Midwest regional winner will receive \$1000.

2. Any entry form that does not contain a legible name, address, etc., will be disqualified.

3. Entries that fail to forecast a winner will be disqualified, as will entries that fail to forecast a winner of New York and other similar teams. No points are awarded on games played for any reason during its scheduled week.

4. Entering POWER POINTS is for his or her name and photograph to be used for promotional purposes at no charge.

5. Employees of this newspaper are ineligible to participate.

6. Any inquiry about a protest of a winner must be made on the Friday following the announcement.

7. No purchase necessary.

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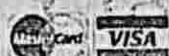
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# 2006 Special Guide



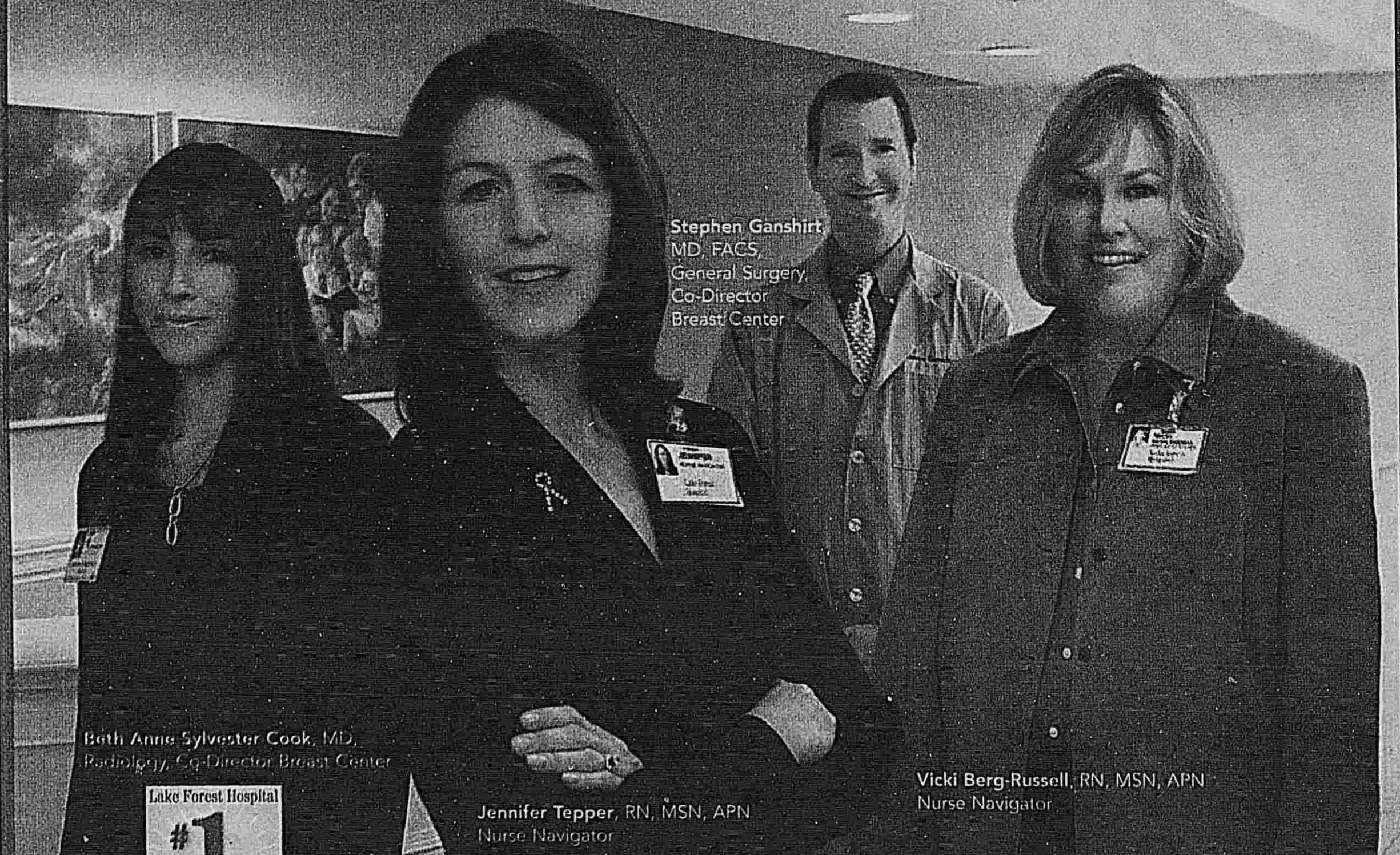
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# WEEKLY JOURNALS

**Friday, October 6, 2006**



It isn't enough to be cared for.  
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Beth Anne Sylvester Cook, MD,  
Radiology, Co-Director Breast Center

Stephen Ganshirt,  
MD, FACS,  
General Surgery,  
Co-Director  
Breast Center

Jennifer Tepper, RN, MSN, APN  
Nurse Navigator

Vicki Berg-Russell, RN, MSN, APN  
Nurse Navigator



Lake Forest Hospital offers comprehensive breast care in the comfort of your community. Our Breast Center offers unsurpassed expertise, the latest technology, and a Nurse Navigator to guide you as a multidisciplinary team of physicians directs your course of treatment. Your Nurse Navigator will answer questions, offer insight, coordinate physician appointments and make sure you never feel alone. Your Nurse Navigator is there to care about the person inside the patient, and you won't find her anywhere else in Lake County.

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# Coping with breast cancer

**T**here is no right or wrong way to deal with breast cancer. It can bring on a range of emotions from guilt to denial to anxiety to fear.

Women feel like they have lost control of their lives and are overwhelmed by all the decisions they have to make. According to the National Cancer Institute, some factors that influence coping include the stage of cancer, your age, your course of treatment, and your support system.

But there are some general coping tips. Follow the coping mechanism that works best for you.

✂ Reduce the stress of daily life by letting things go. You don't have to do everything on your to-do list.

✂ Turn to a support group. You'll meet people who are enduring the same experience as you. If a group support system isn't your style, turn to a family member, friend, counselor or a member of the clergy with whom you feel safe and to whom you can confide your thoughts and

feelings.

✂ Treat yourself. Rent a movie you've always wanted to see, read a beach book that offers no intellectual stimulation or take a long bubble bath.

✂ Don't do everything yourself. If people offer to do things for you, don't be afraid to take them up on it. Provide specifics about how they can help. Have a friend buy your groceries. Ask your mom to watch the kids after school. Let your sister drive you to a doctor's appointment. It's okay to get help on even the most routine of chores, errands and appointments.

✂ It's okay to feel sorry for yourself. Give yourself time to cry if that's how you deal with stressful and emotional situations. It's completely normal to dwell on your diagnosis and/or surgery.

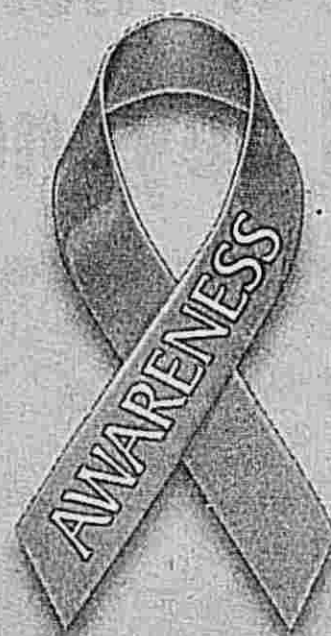
✂ Don't waste time blaming yourself for your diagnosis. No one knows what causes breast cancer. It's not your fault.

✂ Don't be hard on yourself. People will understand if you don't return phone calls or if you decline lunch or forget appointments.

✂ Don't go nonstop all day long. Take time out for naps. Even a 15- or 20-minute snooze can improve your overall mood.

✂ Try to see the bright side of breast cancer: It can give you a renewed appreciation for life or help you rekindle old friendships or form new ones.

✂ It's okay to ask for a hug! People will be more than happy to give one to you. It will make you feel better, even if it's for a brief moment.



## Did You Know?

In the United States, incidences of breast cancer have been increasing by slightly more than 1 percent since the 1940s. The rate rose dramatically in the 1980s because of an increase in breast-cancer screening. The American Cancer Society estimates that more than 212,000 new cases of breast cancer will be diagnosed in 2006 across the US. The rate of white women diagnosed with breast cancer has increased dramatically as well. Whereas the incidence of breast cancer in white women was 107 out of 100,000 in 1975, that figure has now risen to 138 out of every 100,000. Black women are slightly less susceptible to breast cancer, with a rate of 120 out of every 100,000.

## SHOW YOU CARE OCTOBER NATIONAL BREAST CANCER AWARENESS MONTH

Did you know...

Women 40 and over with income less than \$40,000 may be eligible for free mammograms and cervical screening. Please call our Illinois Breast and Cervical Cancer Program (IBCCP) for more information and to schedule an appointment.

Cancer is the second leading cause of death in females.

There is no known way to prevent breast cancer - early detection is the best protection.

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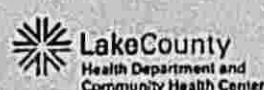
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# Remain Healthy Through the Years ...

## Women's health guide for their 20s, 30s, 40s, 50s and beyond

It is projected that by the year 2050, 20.7 percent of the population will be comprised of individuals over the age of 65, according to the U.S. Bureau of the Census, Resident Population Projections by Sex and Age: 2005 to 2050. As such, there has been much health hype lately, particularly for the senior woman. But paying attention to a healthy lifestyle is something that should begin early on in a woman's life and be customized to her needs as she ages.

### 20s

Women on the tail end of adolescence and beginning their adult lives may be in prime health. However, it's never too early to start planning for your future. Throughout your life, you require calcium as an essential mineral for bone health and strength - something that diminishes as you age. During your 20s, you need 1,000 mg daily, which can be comprised of calcium-rich foods like dairy products and a combination of supplements.

At this time, you should also begin regular gynecological exams, particularly if you're sexually active. A Pap test, which checks for the likelihood of cervical cancer, as well as a routine examination, is advised every six months. An OB/GYN will also be able to advise you on birth control methods, if desired, or information if you're considering starting a family in the near future. Your doctor can also show you how to perform a self breast examination to check for lumps that may be cancerous.

Although you may be fit, think about changing your diet by reducing the amount of fat you eat and increasing your intake of fruits and vegetables. Whole grains can reduce your risk for heart disease, stroke and cancer. And if you've never smoked - don't start now!

### 30s

Women are remaining fertile longer than in past years. This makes the 30s one of the prime times for women to have children,

which begins at age 25 and continues through age 34, according to the U.S. Department of Health and Human Services. Therefore, much of the attention you'll place on health may revolve around your decision to conceive. If you're planning on having a child soon,

it is a good idea to speak to your OB/GYN about a prescription for folic acid. This supplement has been shown to reduce the risk of some birth defects and therefore is something essential for mothers-to-be.

If you've been lax on visiting the dentist, get back into a routine with checkups and cleanings. Tooth and gum health can actually affect other areas of the body. In fact, advanced gum disease has been linked to stroke in some people. By keeping your mouth healthy, you'll be keeping your entire body healthy as well.

### 40s

This transitional time of life can be a roller coaster of emotions. You're moving out of your child-bearing years and toward menopause. This is the time when you're officially "aging." You're no longer building bone mass; in fact, you could be slowly losing it. Your metabolism may have also started to slow down, resulting in a softening of body shape.

Visiting the doctor may become more commonplace in this decade. You should begin annual fecal occult tests to check for blood in your stool - an indication of possible colon cancer. You should also begin annual mammograms.

Diabetes is a disease that can occur with age, so if you have any risk factors for it, such as a hereditary predisposition, ask your doctor if you can be tested. Since bone density can deteriorate as you age, you may also want to undergo a bone-density test before you start menopause, to use a baseline for measuring future bone loss.

Menopause may have already



started or be right around the corner. Menopause is basically like puberty in reverse - you may feel similar symptoms, such as irritability, irregular periods, mood swings and sleep disturbances. Exercise, supplements and talking with a healthcare provider can make this relatively short time in your life more manageable.

### 50s

Many people consider this decade "the prime of life" because you're free of menstruation (for most), free of your children (for most) and are able to enjoy life.

At this stage in the game, skin health and care should be of top concern. Previous sun-tanning and misinformation from your youth may have resulted in age spots, wrinkling and dried-out skin. While you may not be able to reverse all effects, you can be smart about using sunblock, moisturizer and mild soaps on your delicate skin. Also, drink plenty of water to stay hydrated from the inside. You should routinely check for any moles or age spots that seem to transform in color or shape. These could be a sign of melanoma - an all-too-common form of skin cancer.

Continue with all routine exams and tests. If you've been getting mammograms every two years, you may want to make it an annual occurrence from here on in. If you've already experienced menopause, you probably don't need a Pap every year: maybe once every two to three years.

You should also check with your doctor about any shots that you may need. Women typically need a tetanus booster every 10 years. It may also be a good time to start an annual flu shot regimen.

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# What is Breast Cancer?

## How do we treat it?

## How can you minimize the risk?



### What is breast cancer?

Countless volumes have been written about all types of cancer, what it is and how it's treated. Most of these descriptions are painfully technical, which provides a good deal of accuracy for physicians and researchers, but can be a little difficult for the average person to process. Here is a very condensed version:

Cancer is a term for about 300

diseases referred to by medical professionals as malignant neoplasms. Those are fancy words for "bad growth," but accurate all the same. Cancer is not an invasion of foreign cells. Think of cancer as some of our own cells that have gone bad.

Normally cells have a set time span – they grow, they do the job our DNA programs them to and when the time comes, they expire.

When cells go bad, the mechanism for them to expire fails to work. At the same time, they begin to rapidly reproduce and replace healthy cells with bad cells.

The origination point of a cancer is typically the type of cancer – breast cancer begins in the breast tissue. More precisely, each type of cancer has unique characteristics that define it – so breast cancer is a different disease than, say lung cancer or stomach cancer.

### How is breast cancer treated?

Once breast cancer is detected there are several factors that may determine how it is treated. Some of these factors include the stage of the disease along with its ge-

netic profile or characteristics (such as hormone receptivity). The TNM system of staging is the most widely used system. The TNM system is based on the extent of the tumor (T), the extent of spread into the lymphatic system (N) and the presence of metastasis (M). Metastasis is the term for the spread of cancer into distant parts of the body from the origination point.

### Primary Tumor (T)

TX Primary tumor cannot be evaluated

T0 No evidence of primary tumor  
T1 Carcinoma in situ (early cancer that has not spread to neighboring tissue)

T1, T2, T3, T4 Size and/or extent of the primary tumor

### Regional Lymph Nodes (N)

NX Regional lymph nodes cannot be evaluated

N0 No regional lymph node involvement (no cancer found in the lymph nodes)

N1, N2, N3 Involvement of regional lymph nodes (number and/or extent of spread)

### Distant Metastasis (M)

MX Distant metastasis cannot be evaluated

M0 No distant metastasis (cancer has not spread to other parts of the body)

M1 Distant metastasis (cancer has spread to distant parts of the body)

Common treatment options may include surgery (lumpectomy, mastectomy and its variations), chemotherapy and radiation or a combination of these.

Complementary medicine (nutritional support, physical therapy, naturopathic medicine, mind-body medicine, spiritual support, etc.) is often combined with these interventions in an effort to help boost the immune system. Many patients pursue complementary or alternative treatments such as supplements and herbal approaches without the guidance of a trained medical professional. It should be noted that this can be risky and in the worst case may have the opposite effect of what is intended.

### Minimizing the Risk

Cancer risk tends to fall into three

categories: 1. Genetics  
2. Environment 3. Lifestyle.

Of the three categories, the obvious one you have control over is lifestyle. The guidelines are pretty simple, but actually doing it can be difficult.

The guidelines – don't use tobacco, eat a well-balanced diet, exercise and keep your body lean. Be familiar with your body – familiar enough to recognize any changes. Get regular check-ups and health screenings.

On the environmental front, avoid obvious hazards and toxic materials. Wear protective clothing or gear if/when you are exposed to hazardous materials.

While you cannot control your genes, something to consider is genetic testing. Genetic testing may reveal if you are at a higher risk for certain diseases. Before undertaking any genetic testing, it is imperative to go through genetic counseling with a trained counselor. Once you are tested there are new issues that may arise, such as insurance issues, confidentiality and more.

To learn more about specific cancer types, how it is treated and how to minimize your risk contact the Cancer Resource Center at 1-800-940-2822.



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# Treasures of the sea yield natural cures

A great place to go for sun and relaxation, the sea is also a wonderful source of nutrition.

Scientists and marine nutritionists have been researching the world's oceans and waterways for the next generation of drugs, biologics, and even medical devices. Dozens of promising products, including cancer therapies made from algae and a painkiller taken from snails that early trials have shown relieves some of the worst kinds of chronic pain, are in development at research laboratories right now. In fact, there are three FDA approved products already that have brought the healing power of the sea successfully into the world of public health.

Natural miracles from the sea have been used in many medical applications to date. For example, the rigid exoskeletons of marine coral can fill voids caused by fractures or other trauma in the upper, flared-out portions of long bones. Also, this particular type of coral has been approved as implants for bone loss around the root of a tooth and in certain areas of the skull. Scientists

are examining the metabolites of single-celled plankton called dinoflagellates, which National Cancer Institute tests have shown to have cancer-fighting potential.

And, in a quest to find the proverbial 'fountain of youth,' scientists are researching compounds called pseudopterosins that are extracted from the Caribbean sea whip, a type of coral that resembles shrubbery on the sea floor, to be used in age-defying skin care products to minimize the appearance of wrinkles and treat skin irritations.

More recently, scientists have shown that seaweed is up to 60 times more potent than its land-based counterparts. However, cultures such as Japan and Korea have known the powerful health benefits of sea vegetation for centuries. Cultures that traditionally have eaten seaweed-based diets have historically shown fewer instances of obesity, diabetes, Alzheimer's disease and other degenerative dis-

eases. Also, studies of large groups of people who eat seafood and algae regularly tend to show that they have less instances of breast cancer than those who eat more meats. Women in Japan, for example, have a lower risk of breast cancer than women in the United States.

Seaweed has been proven to provide other health benefits, such as:

- Phytochemicals (which have been linked to a reduced risk for cancer), and more iodine (which helps maintain proper thyroid production).

- More nutritive value, boasting more antioxidants (which reduce cell damage responsible for aging and disease).

- Potent vitamins and minerals for healthy skin, eyes, liver and bladder.

- Natural properties that rid the body of impurities.

So, while most people associate the sea with a place to go for fun and relaxation, it's also a wonderful asset to those looking for younger skin, a stronger immune system, better digestion, more energy, a sharper mind, reduced risk of heart disease, increased metabolism and even prevention against certain cancers.

So how do you get all the nutri-

tional benefits of the sea on a daily basis? Unfortunately, it's not as simple as cooking up your favorite sea-based foods to reap the health rewards. However, the right blend of sea-sourced ingredients can ensure you get all the nutrients you need at the right levels and in the right ratios.

Each day, scientists produce more and more evidence that our oceans yield the most effective natural cures

available, if not some miracle cures. The wide range of health benefits that seaweed has keeps mounting and its healing properties continue to be studied by the scientific community. So, as the country continues to head in healthier directions and look for natural cures, it's important to remember that the oceans contain valuable assets for maintaining your health and vitality.

## Health Department marks Breast Cancer Awareness month with educational events for women

In conjunction with National Breast Cancer Awareness Month in October, the Lake County Health Department/Community Health Center will host three women's events in order to encourage cancer screening and increase breast cancer education.

"Studies indicate that certain groups of women in Lake County lack cancer screening and services," said Dale Galassie, the Health Department's Executive Director. "It is our hope that these events will connect many women with the information and services they need."

On Sunday, October 8, the Health Department, together with the McHenry County Health Department of Health, will host a breast cancer awareness event from 9 a.m. to 5 p.m. at Saints Peter and Paul Church, 401 N. First Street in Cary. Information and services will be available in both

English and Spanish. The event will include educational materials on cancer and screening services, as well as prizes, food and entertainment.

On Saturday, October 21, the Health Department, together with the YWCA will host a Women's Health Expo from 10 a.m. until 2 p.m. at the Belvidere Mall, 2101 Belvidere Road in Waukegan. The Expo will include educational sessions, one-on-one breast self-exam demonstrations, educational materials, give-aways and raffles.

Attendees will be able to learn more about the Governor's new cancer prevention initiative as well as sign up for the Illinois Breast and Cervical Cancer Program (IBCCP).

From 1996 to 2000, there were 2,003 female breast cancer diagnoses and 396 breast cancer deaths in Lake County. This rate is significantly higher than the statewide breast cancer diagnosis rate. Despite lower diagnosis rates among African-American women, death rates for these women are similar to those of white women. This may be because minority women, more often than white women, are diagnosed with cancer that is already in a later stage. Later diagnosis is often a result of decreased cancer screening.

There is no known way to prevent breast cancer - early detection is the best protection. Doctors recommend mammograms, clinical breast exams and breast self-examination, which may detect breast cancer early in women. A recent Lake County study showed that 28 percent of African American women in the county had never had a mammogram. Mammograms can detect breast cancer early enough to give an individual a better than 90 percent chance of survival.—By Tiffany Bronk

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## How accurate is a mammogram?

Studies have shown that the key to survival of breast cancer is early detection through the use of regular self-exams and the use of mammography. Early detection means a woman can receive treatment before the disease has a chance to grow and spread.

Mammograms are interpreted or "read" by radiologists who are doctors specially trained to do so. Interpretations can be limited in some circumstances. For example, according to a study by the University of Washington School of Medicine, obese women had more than a 20% increased risk of having mammography results indicate cancer is present when it is not (called a "false-positive"). Dense breast tissue, as seen in younger women or those taking hormone replacements, may limit mammography readings since they can hide a tumor. Breast implants can also inhibit clear access to the underlying breast tissue.

Newer technologies exist to improve the accuracy of mammography. One such technology is Computer Aided Detection (CAD). The system uses a computer formula to identify and mark abnormalities on the breast image.

Dr. Peter A. Felder, an independent radiologist for over 32 years, practices at Vista Health in Lake County, Illinois. "Vista Health has ImageChecker®, a 'second look' technology that highlights irregularities on the image for me to examine more closely. Patients benefit from this and

other advanced imaging technology at Vista Health," says Dr. Felder.

Also contributing to the accuracy of mammography is the radiologist's skill and experience. A University of California San Francisco Medical Center study identified that radiologists with over 25 years experience more accurately detected cancers. The radiologist should also specialize in mammography and read between 2,500 and 4,000 mammograms annually.

Mammograms remain the most effective and valuable tool for detecting breast cancer. The American Cancer Society recommends that women age 40 and older have mammograms every year. Studies from the National Cancer Institute show that 96 percent of women whose breast cancer is detected early live five or more years after treatment. It is recommended that women seek out an imaging facility that has experienced radiologists and a large patient volume. Women with implants should ask the facility if it uses techniques to accommodate their special needs. Also recommended are facilities that have magnetic resonance imaging (MRI) and Positron Emission Tomography (PET) should further analysis be needed. MRI and PET are useful in detecting if cancer has spread.

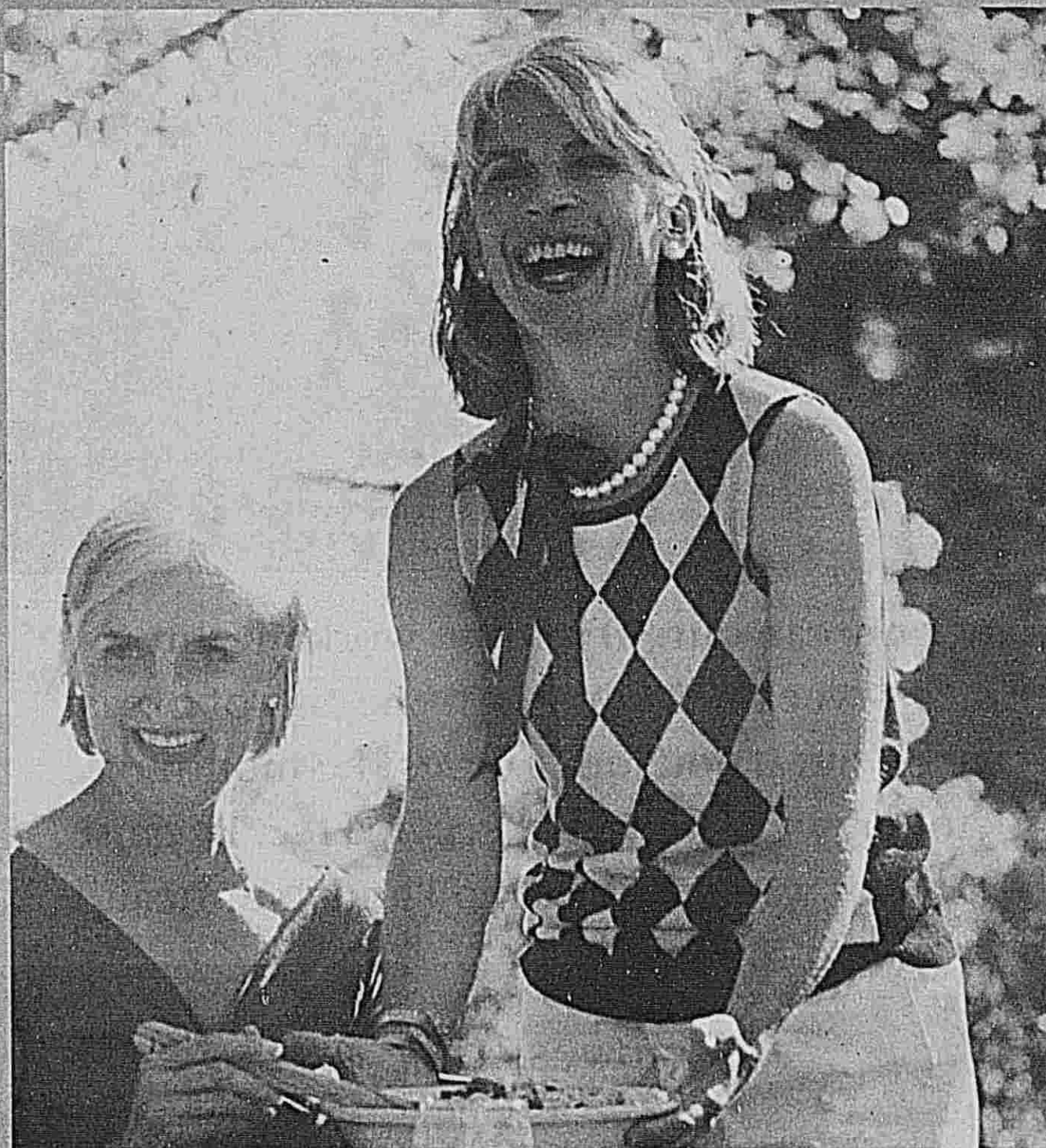
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## Breast health essentials

1. Monthly breast self-examination
2. Yearly mammogram (or as recommended by your OB/GYN)
3. Healthy diet and lifestyle



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### Game Dork

## Artificial intelligence causes unearthly pain

Nothing's more infuriating in sports games than when hyper "artificial intelligence" wrecks you. Let's say you're ahead by two goals in the last period of a game in "NHL 2K7." Then, "2K7's" internal artificial intelligence (AI) rushes to score two quick goals to tie the game. All your previous hard work — meaningless.

It seems like people who make sports games must figure we gamers might stop playing their creations if we cruise to victory too easy, or too often. But these miracles on ice — the ones that beat me, not the other way around — make me want to slam the game against the boards.

Even the otherwise fun "Madden NFL '07" robs me. I'll be ahead by a few touchdowns, and I'll make my ball carrier dive to the ground to avoid being tackled, but I'll fumble without even being touched by the other team. Are you kidding me?

When artificial intelligence attacks, I keep anger turned outward and beat the stuffing out of "NHL 2K7" and "Madden."

Revenge must be carried out calmly. Anger can make one overreact and play poorly. So the key, Grasshopper, is to forgive and forget, work smart and beat the thing. Only after victory is it time to taunt the TV with little dances of victory.

Keeping anger in check is something video gamers and real athletes have in common.

When athletes run into trouble, the best response is to ignore them, or to "quickly refocus on the game and move forward," the Association for the Advancement of Applied Sport Psychology said in its study guide, titled "Resilience: Bouncing Back Quickly."

"Successful athletes may experience disappointment, anger, or frustration associated with adversity, but rather than being overcome by these emotions, they find ways to quickly bounce back," the AAASP said.

"Resilient athletes do not allow these emotions to linger."

That sounds painfully obvious, but it takes meditation to carry it out. That also is good advice if you play two new

hockey titles — the excellent "NHL 2K7" and the very disappointing "NHL '07."

"NHL 2K7" is the best hockey title of the past few years. The basics are



Doug Elfman

clear: you run down the ice, pass the puck and score. But "NHL 2K7" nails these elements without messing them up, as does the new "NHL '07" and some of "2K7's" predecessors.

"2K7" also comes with a new cinematic look called "Cinemotion," the best visual innovation in a hockey game I've seen. The camera follows the action in a way a movie director might. In past hockey games, such fancy camera angles have sacrificed game play for visuals. Not this year. It looks cool and plays fun.

This year's "NHL '07" is a mess. My Xbox version of "NHL '07" doesn't play in widescreen mode, which is absurd. When I race down the ice, my men lose control of the puck — that's annoying. Some of my own men accidentally bump me and make me lose the puck — that's aggravating.

Yet, it's too easy for offense and defense to score.

What's better about "NHL 2K7" is the good artificial intelligence — when the game inspects your patterns and puts up tailored defenses.

AI is definitely not all bad. But bad AI is all terrible. Spot the difference. Take a deep breath. And knock that AI into next week.

• Doug Elfman is a video game critic for the NorthWest News Group.



Photo provided

Rocky is a 2-year-old shepherd and malamute mix. He loves people of all ages, but he does not like cats. Here, Rocky is pictured with his pal, Leah, a volunteer for Animal Education and Rescue.

## Pit bull fighting hurts

Ten months ago, I would have told you I knew very little about the pit bull breed of dog. While I had read and heard the horrific reputation the dogs had of brutalizing other animals and people, I also didn't fully believe any of the stories.

Now, I can honestly say with 10 months of exposure to the breed, I have a better understanding of the pit bull and the bleak future it faces.

As a humane investigator, I am often called to situations regarding pit bulls. Pits tied outside 24/7 without food, water and shelter, and someone owning a large number of pit bulls are the most common complaints.

Some people call because of suspecting pit bull fighting, or because they witnessed a pit bull being physically hit, punched or kicked. At first I got nervous when I had to go on a call with a pit because, frankly, I was afraid of getting hurt. But with experience on such calls, I am less afraid and more angry with the stupid, ignorant, cruel people who own them.

Several months ago, I received a call from a farm

worker who heard a dog barking in an abandoned barn on a neighboring farm. He went to investigate and found a pit bull tied to a pole inside the garbage-strewn barn.

I arrived shortly after, noting the 90-degree temperature outside, and saw a brown and white pit bull tied with a chain

to a pole. The dog, so excited by seeing people, wagged his tail and jumped up and down. Releasing the dog from the pole, I noticed all the white scars around his head and his front



Sandy Kamen Wisniewski

legs. He had been fought.

With a lump in my throat, I stroked his sweet head, knowing he had no future.

A fought dog cannot be trusted because many believe it is likely severely dog-aggressive.

Zion and North Chicago seem to be hot spots for both

breeding pit bulls and fighting them, which lead to nothing but harm for the animals.

Trying to explain to them that these dogs should not be bred, that shelters are overflowing with them, that they are being killed at a huge rate, means nothing to these people.

And by the way, not all pit bulls are vicious. Many of them are sweet, loyal dogs that are faithful to the very end, even when they are getting beaten over the head by their owner's fist, sick as that is.

But if you ask me, stricter laws have to be set in place. Huge fines and jail sentences are needed to stop people from using and abusing these dogs, as well as any other breeds in the future.

Further, there should be regulated breeding to start putting a dent in the overpopulation of dogs, which is destroying — literally — millions of wonderful dogs each year.

• Sandy Kamen Wisniewski is president of The Pet Sitters of America, Animal Education and Rescue and SKW Enterprises. To contact her, e-mail [petsitters@anet.com](mailto:petsitters@anet.com), or visit [www.animaleducationandrescue.org](http://www.animaleducationandrescue.org).



● Health beat

# Exercising should not cause back pain

**Question:** Do you have any idea why I have terrible low back pain when exercising?

**Answer:** I am happy to answer your question within the realm of my education as a Level III C.H.E.K Practitioner.

Since back pain during exercise is common today, I consider this to be a "red flag" that a person's body could be at greater risk of injury.

Once recognized, modifications to correct this situation should be initiated immediately. To help you avoid potential injury, carefully consider the following as a common cause of back pain when exercising.

Muscle imbalances may cause low back pain during exercise. When a muscle becomes short and tight, the muscle that is opposite the tight muscle will become long and weak. This creates an imbalance in the body.

To determine if this is the cause of your low back pain, try stretching tight muscles in the area you are feeling pain.

If this eliminates your pain, you probably have corrected the muscle imbalance. A good example of this is when an individual gets low back pain while performing crunches. If the relief is short-term, you may need to stretch the tight muscles between each set while resting.

If this does not work, you may want to seek the help of a physical therapist, chiropractor, or naprapath. Or, find a C.H.E.K practitioner in your area by going to [www.chekinstitute.com](http://www.chekinstitute.com).

Another reason for low back pain during exercise is a faulty recruitment of muscles. This may be caused by muscle imbalance, pain, inactivity, or poor training.

Faulty recruitment of muscles around joints exposes the joint to excessive compression, torsion and shear – the primary enemy of joints. If this goes unchecked by the muscular system inflammation, pain and injury result.

Pain in any muscle or joint may cause the same scenario. For example, if you injure one of your sacroiliac joints (joints in the low back below the waistline) in a fall, the pain will usually cause the gluteus medius muscles (lateral butt muscles) to shut



Linda DeFever

down. If this goes unattended, the body will use other muscles to stabilize the injured area. Those muscles become overworked,

and other joints might become incorrectly stabilized because of faulty recruitment, which might become painful. Most likely, this injury will lead to low back pain.

If you cannot track your problem to a specific incident, seek the help of a professional. Performing any exercise that hurts only makes things worse.

As you can see, there are many reasons why you may be experiencing low back pain while exercising. Remember, your goal should be to train, not drain!

There is no reward for training in pain. Pain is an indicator that damage is being done, not that damage is about to be done.

Please, if you are hurting and you do not know why, find someone who can help you. Pain is the most powerful re-programming agent in the human body.

Exercising in pain trains the system to function incorrectly. Exercise should be a fun, non-stressful activity. Exercise should be a positive experience.

• Linda DeFever is the owner of Vitality Inc., Where Exercise and Nutrition Meet in Balance at Serenity Health Resources in Wauconda. To have your health and fitness questions answered, e-mail DeFever at [ocfever01@yahoo.com](mailto:ocfever01@yahoo.com).

● Everymom

# Struggling to find a sack lunch children will enjoy

**Question:** I have a picky eater, and with the new school year beginning, I need some new lunch box ideas. I'm tired of sending PB & J and cheese sandwiches. Last year I came up with a "Cheese Dog" (hot dog bun with a string cheese stick), and it went over very well.

- Jill Sangl, Oakwood Hills

**Answer:** A co-worker of mine remembers monitoring her mother's moods and the family's financial standing by the type of lunch she received. Good days brought puffy stickers and creative entrées. Bad days brought bland meat on boring bread.

Sack lunches ideally are nutritious, quick, easy and appealing to children. Finding meals that meet all those criteria can be tricky – and nearly impossible when you're dealing with picky eaters.

I found some tips from dietitians and other parents, but would love for parents to share more ideas on my Everymom blog at [NWHerald.com](http://NWHerald.com). As you'll see on my blog, I'm also looking for nutritious breakfast ideas, as I'm told sending a child off to school with a toaster pastry (my daughter's latest breakfast request) is not a wise idea.

Even just mixing it up a little with peanut butter and raisin sandwiches could help somewhat, suggested Marilyn Tanner, a dietitian who studies children's eating habits and serves as a spokeswoman for the American Dietetic Association.

Peanut butter and jelly sandwiches aren't horrible, she said, as long as the jelly is limited. She advised using

whole wheat bread.

You could introduce different sandwiches, such as turkey, roast beef, or chicken salad, on the weekend in hopes that some stick. Mix it up with pita bread or tortillas. Or try throwing cream cheese on lunch meat for a new spin, one parent suggested.

Another parent suggested cinnamon raisin bread spread with peanut butter and thin slices of apple.

Tanner has found many children eat only chips and soda for lunch, so any type of sandwich a child is willing to

eat is an improvement.

Parents also should offer nutritious side dishes, such as canned fruit or dried cereal instead of chips, she said. They should talk to their children about what they're willing to eat and take their children shopping with them, she said.

"Even the container and package can make or break you when it comes to school lunch if it's not 'cool,'" she said.

To keep cold stuff cold, she suggested freezing a water bottle and putting it in with the

lunch. By lunchtime, the water is ready to drink.

Avoid pre-packaged lunches, and make healthier versions, she said. And as with all meals, children typically like to dip, so provide yogurt or ranch dip for fruits and vegetables, several nutritionists suggested.

David Grotto might be a dietitian and spokesman for the dietetic association, but as a father of three daughters, he struggles with the same challenges. Presentation can make the difference.

"I find I can sneak in a tuna fish salad if I cut the sandwich in the shape of a bunny," said Grotto, of Elmhurst.

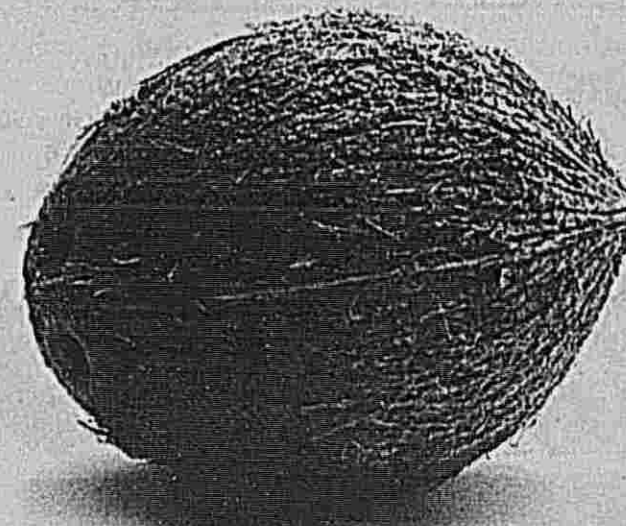
Dairy products, such as cheese and yogurt, and whole grains, including crackers, can come to the rescue, even if children don't always eat the "main course," he said.

FamilyFun.com offers numerous school lunch ideas on its Web site. Look under "A+ Lunches & Snacks."

• Columnist Jami Kunzer is the mother of Summer, 2, and infant twins Anna and Lilly. She writes about the everyday challenges facing parents. You also can connect with Jami online Tuesday, Thursday and Saturday through her blog, which can be found at [www.nwherald.com](http://www.nwherald.com). Reach Jami at [jkunzer@nwnewsgroup.com](mailto:jkunzer@nwnewsgroup.com), or (815) 459-4122.



Jami Kunzer



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# Italian-style appetizers offer old, new ideas

By TOM WITOM

thomaswtitom@yahoo.com

Restaurants have whetted our appetites for appetizers, though some seem too fussy or difficult to re-create at home.

Joyce Goldstein, chef, author and Mediterranean cooking professional, addresses this phenomenon in her insightful new book, "Antipasti: Fabulous Appetizers and Small Plates" (Chronicle Books, 2006).

The slim volume (168 pages) includes 35 attractive photos and plenty of easy-to-follow recipes, from Goat Cheese with Spicy Tomato Sauce to Prosciutto-Wrapped Shrimp with Warm Chickpea Salad.

An old favorite, "Crocchetti di riso" (rice croquettes), will have your family and guests asking for more. Goldstein suggests the possibility of mixing and shaping the croquettes well ahead of time and cooking them at the last minute.

## Rice Croquettes (Makes 12 to 16 croquettes)

### Ingredients:

For the rice mixture:

3 1/2 cups water  
1/2 teaspoon chopped saffron threads, steeped in one-quarter cup hot water for 15 minutes (optional)  
1 1/2 teaspoons salt  
2 cups arborio rice  
2 eggs  
2/3 cup grated Parmesan cheese  
1/4 teaspoon of freshly ground

black pepper

For the arancine filling:

3 tablespoons olive oil  
5 to 6 ounces beef or part beef and part pork, not too lean, finely chopped or ground  
1/2 yellow onion, chopped  
1 small carrot, peeled and chopped  
1 small celery stalk, chopped  
1 cup tomato sauce  
1 tablespoon tomato paste, diluted in 1 Tbl. warm water  
1/4 cup English peas, cooked (optional)

For the suppli al telefono filling:

2 tablespoons olive oil  
1/2 chopped yellow onion  
1 teaspoon finely minced garlic  
5 to 6 ounces ground beef (optional)  
2 tablespoons dried porcini mushrooms, soaked in one-third cup water for 30 minutes, drained, with liquid reserved, and finely chopped (to yield about one-quarter chopped porcini)  
1/4 cup diced prosciutto  
2 teaspoons tomato paste, diluted in 1 Tbl. warm water  
Salt and freshly ground black pepper  
1/2 pound fresh mozzarella cheese, cut into three-quarter-inch cubes  
1 cup all-purpose flour  
1 cup fine dried bread crumbs  
2 eggs  
Olive oil or equal parts olive and

canola oil for deep-frying

### Directions:

To make the rice mixture, in a saucepan, combine the water, saffron infusion (if using), add 1 teaspoon of the salt and bring to a boil over high heat. Add the rice, stir well, reduce the heat to low, and cover the pan. Cook until the rice has absorbed all of the water and is coked through but still sticky, about 15 minutes. Remove from the heat and let cool for a few minutes. Stir in the eggs and cheese and season with the remaining one-half teaspoon salt and the pepper. Spoon the rice out onto a rimmed baking sheet, spreading it evenly so that it cools quickly. Refrigerate until cold but not hard, 1 to 2 hours.

While the rice chills, choose one of the fillings. To make the arancine filling, in a saute pan, heat the olive oil over medium heat. Add the meat, onion, carrot and celery and saute until golden, about 15 minutes. Add the tomato sauce and diluted tomato paste, reduce the heat to low and cook, stirring occasionally, until thick, about 30 minutes. Remove from the heat and fold in the peas, if using. Transfer to a bowl, let cool completely, cover and chill well.

To make the suppli al telefono filling, in a saute pan, heat the olive oil over medium heat. Add the onion and saute until soft and

translucent, about 10 minutes.

Add the garlic and the ground beef, if using, and saute until the beef is no longer red, about 5 minutes. Add the mushrooms and their soaking liquid, the prosciutto and the tomato paste and simmer until the mixture is thick, about 15 minutes. Season to taste with salt and pepper. Transfer to a bowl and let cool completely. Have the mozzarella cheese ready.

To shape and stuff the croquettes, line 2 rimmed baking sheets with parchment paper. Dampen your hands with water. Scoop up a spoonful of the rice and shape into a two and one-half inch ball if making arancine or an oval two and one-half inches long and about one and one-half inches in diameter if making suppli. With an index finger, make an indentation in the rice and spoon some of the filling into the center. If making the suppli, tuck in a cube of mozzarella, too. Smooth the rice over the filling, reshaping the croquette, and place on a parchment-lined baking sheet. Repeat until all the rice is used, continuing to dampen your hands as you work so the rice does not stick to your fingers.

Pour the flour and bread crumbs each into its own shallow bowl. Break the eggs into a third shallow bowl and beat lightly until blended. One at a time, dip the croquettes in the flour, then in

the eggs, and finally in the bread crumbs, coating evenly each time, and place on the second parchment-lined baking sheet. Cover and refrigerate until fully chilled, at least 2 hours or up to 24 hours. The croquettes are easier to fry if they are fully chilled, which firms them up.

Preheat the oven to 200 degrees Fahrenheit. Line an oven-proof tray with paper towels. Pour oil to a depth of 3 inches into a heavy saucepan and heat to 350 degrees F on a deep-frying thermometer. Place a few croquettes on a wire skimmer, slip them into the hot oil, and fry until golden brown, lifting them out of the oil a few times so that the filling can become hot. This step is especially important for the suppli. As you fry, lift the balls out of the hot oil with the wire skimmer, hold them for a minute, and then slip them back into the hot oil.

Repeat the process twice. If you do not do this, the suppli will be golden on the outside but the mozzarella will remain solid. It should take 6 to 7 minutes total to fry the croquettes. Using the wire skimmer, transfer the croquettes to the towel-lined tray to drain and keep warm in the oven for up to 15 minutes. Repeat until all the croquettes are cooked.

Arrange the croquettes on a platter and serve piping hot. Do not forget the napkins. This is finger food.

# Delicious salad just in time for autumn season



We don't think twice about the tossed salad or gourmet, delicious lettuce and other greens we enjoy eating with our meals every day, but this healthy American habit comes to us thanks to the vision 80 years ago of an early 20th century produce pioneer.

In 1926, Bruce Church in the Salinas Valley of California — today the "nation's salad bowl" — realized his dream of keeping lettuce cool enough to stay fresh for the first long train ride cross-country to folks "back east."

## Sweet Butter Salad With Mustard, Potato and Swiss Serves 4 to 6

### Ingredients:

1 8-ounce package  
Fresh Express Sweet Butter Blend  
1 cup cooked, diced potato with skin (about 4 ounces)  
4 thin slices red onion, halved  
1 cup (4 ounces) mild Swiss cheese, cut julienne  
1/4 cup walnuts, coarsely chopped  
Mustard Vinaigrette

4 tablespoons olive oil  
3 tablespoons red wine vinegar  
2 tablespoons Dijon-style mustard  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

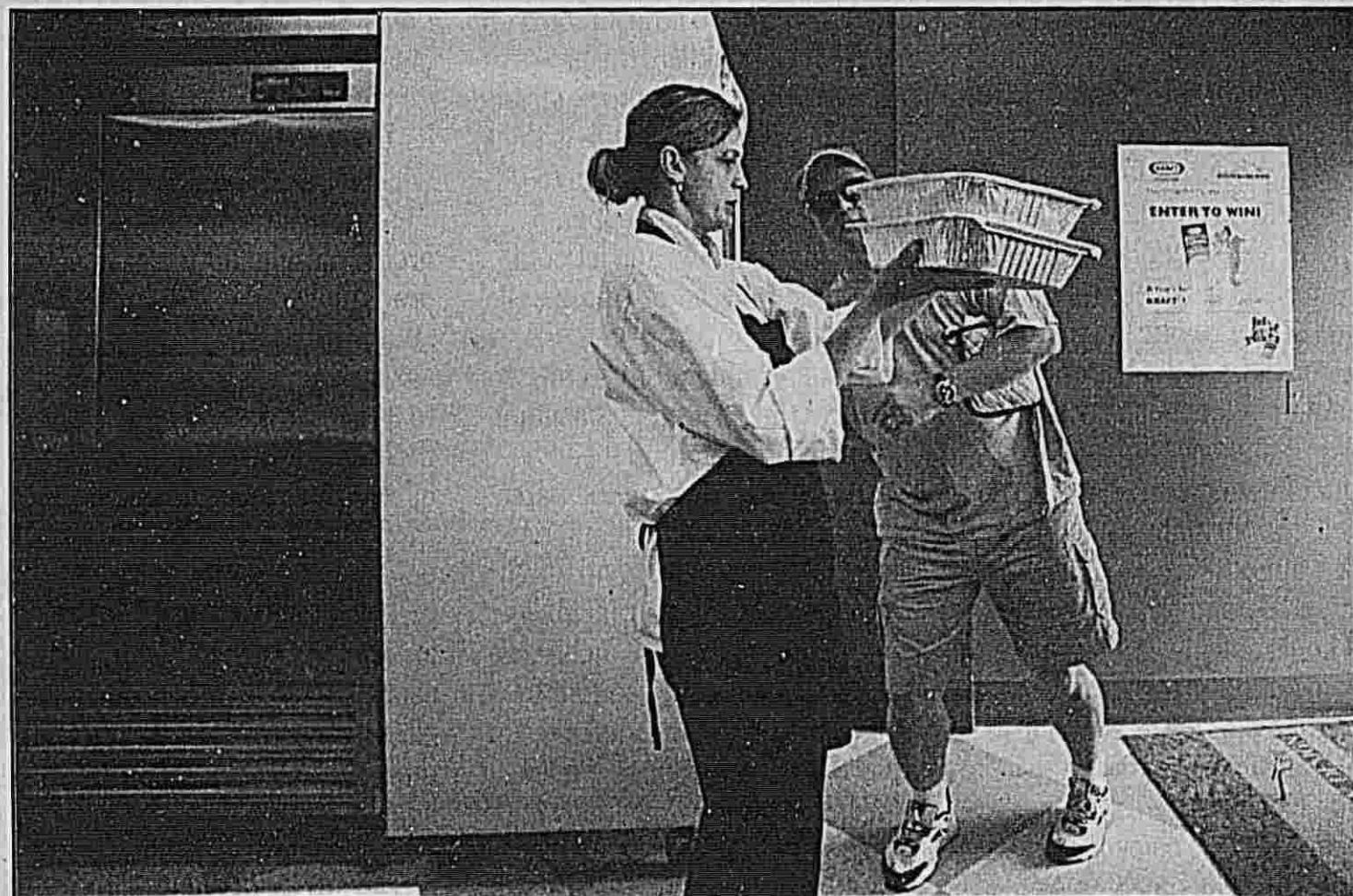
### Directions:

In large bowl toss together lettuce, potatoes, onions, cheese and walnuts. For vinaigrette, whisk together all ingredients in a small bowl. Add to lettuce mixture.

Serve immediately.



## Local mom makes meal time easy



Chris Padgett-cpadgett@nwnewsgroup.com

**Dinner by Design**  
helps parents serve  
healthy food items

By KATHY GRESEY  
kgresey@nwnewsgroup.com

GRAYSLAKE – Sometimes there is just no time to make dinner.

After Round Lake Beach resident Julie Duffy realized she was not the only person with this problem, the busy wife and mother got to work.

Duffy is now president of Dinner by Design, a nationally franchised company that helps families prepare meals. It is headquartered in Grayslake.

So how does Dinner by Design work?

Customers of the company visit Dinner by Design kitchens (see "Kitchen locations") and select meals from pre-prepared menus.

They then bring their meals home and serve them at their convenience.

In just two hours, most people can "make" 12 family-sized meals, according to the Dinner by Design Web site, [www.dinnerbydesignkitchen.com](http://www.dinnerbydesignkitchen.com).

Entrees include lime grilled chicken, pepper steak, home-style Italian meatloaf, tropical cod, saucy beef skillet and spaghetti pie.

Desserts can be prepared as well.

Duffy said people have responded favorably to her company because it sells healthy, delicious foods at a reasonable price.

The approximate cost of a Dinner by Design serving is \$3.50.

"It's really all about added value," Duffy said.

Recently, Dinner by Design partnered with Kraft Foods, the world's second largest food and beverage company.

Now, Dinner by Design kitchens offer Kraft products like Stove Top stuffing and Oreo cookies.

And the company continues to grow.

Currently, more than 70

### Kitchen locations

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**Gurnee**  
4641 Old Grand Ave.  
(847) 775-7722

**Highland Park**  
1630 Deerfield Road  
(847) 579-1790

**Lake Forest**  
188 E. Westminster Road  
(847) 234-2424

**Lake Zurich**  
708 S. Rand Road  
(847) 540-8494

**Libertyville**  
906 S. Milwaukee Ave.  
(847) 816-4601

**Riverwoods**  
2035 Milwaukee Ave.  
(847) 215-8660

For more information: Visit  
[www.dinnerbydesignkitchen.com](http://www.dinnerbydesignkitchen.com).

Dinner by Design kitchens are open across the United States. According to the Dinner by Design Web site, about twice that many will be opened or signed within the year.

Duffy said many opportunities exist for her company.

"I really think we've just scratched the surface," the businesswoman explained. "This industry didn't exist three years ago."

Customers confirm the benefits of purchasing meals from Dinner by Design kitchens.

Client Sherry Noe was so impressed with the company that she became a special events coordinator for Dinner by Design last July.

She continues to make meals every month.

"I tried Dinner by Design, and I thought it was great," she said. "I can make nice meals, and it takes the stress off. As a busy mom with two boys, it really helps me out."

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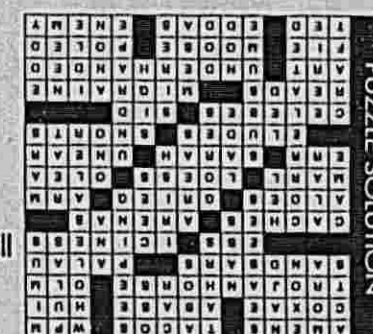
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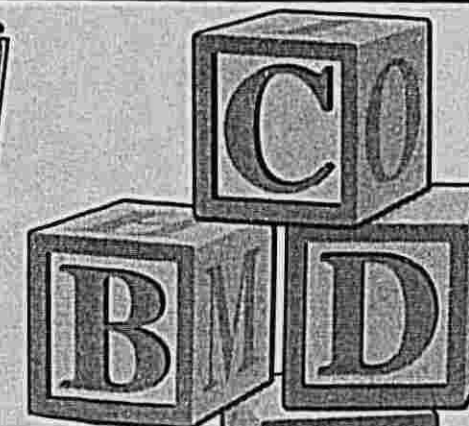
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1	3	9	6
8	5	1	3
5	1	8	5
9	7	4	7
3	2	6	3
6	8	4	2
1	6	5	9

**HARD**

46. Suggestive of the supernatural  
47. Begets  
49. Flat tableland with steep edges  
50. After a while  
51. Inactive  
52. Margosa tree  
53. Christian Science founder  
56. Tip of the head  
57. Rumsfeld heads



You'll be presented with a real estate prospect that seems too good to be true. Surprisingly, it actually is legitimate.



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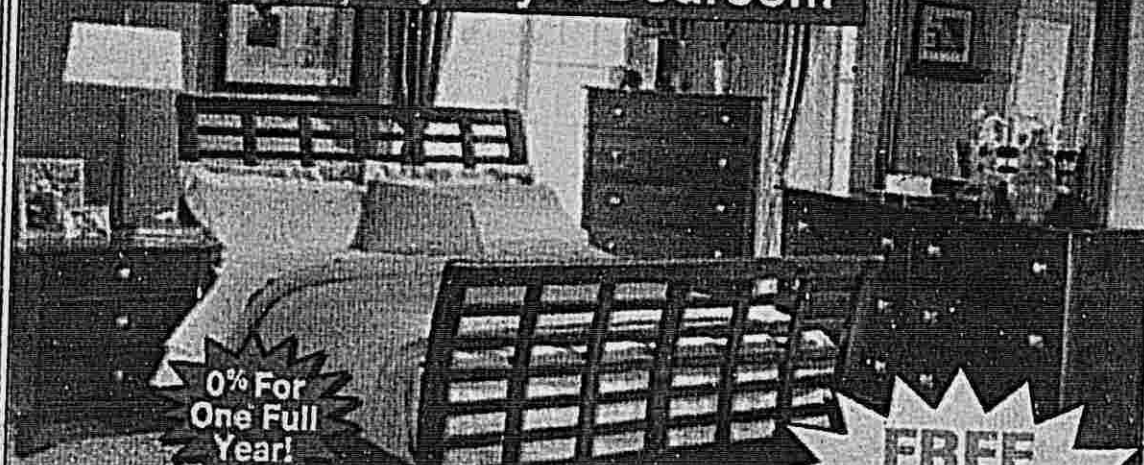
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OCT 2006

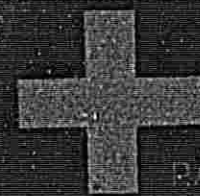
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PAGE 6 EASY CHILI  
SUPPER | PAGE 10  
DINNER IN A JAM |  
PAGE 14 CELEBRATE  
PEANUTS | PAGE 18  
TOFU 101 | PAGE  
22 AWESOME APPLE  
CRISPS | PAGE 30  
REFUELING IN VIRGINIA

see page 4  
for details

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NEW

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I want to know when decorating for Halloween became mandatory? If we haven't dragged out the paper ghosts and pumpkin lights by October 1, mayhem ensues. This is accompanied by much agonizing over costumes and the purchase of enough miniature-sized candy to sink a ship. But, preparations aside, the really important issue for me is: what's for dinner? Chili, of course. It not only signals the official start of fall, but with friends and neighbors dropping by in record numbers, it's the perfect antidote for the hectic night. For our chili buffet on page 6, make the cornbread and the chili ahead, toss a salad, and—if you're feeling especially inspired—bake some cupcakes for the little goblins. Want to share your Halloween festivities? E-mail me at [passtherelish@relishmag.com](mailto:passtherelish@relishmag.com).

*Jill*  
Jill Melton, Editor

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- 6** **Holidays**  
Chili buffet for a sane and sound Halloween.
- 10** **Good Food Fast**  
In a jam for dinner? Pull out preserves for flavor fast.
- 14** **Tastes of America**  
Dothan, Ala., celebrates the peanut, and so do we.
- 18** **The Healthy Table**  
It's time for tofu. Really.
- 22** **New American Farmer**  
A Michigan farmer and his heirloom apples.
- 24** **Wine**  
Try some blends of your favorite grape varieties.
- 30** **Road Trips**  
Fill 'er up at Fuel Co. in Charlottesville, Va.

# This and That

OCTOBER 2006



## Miso

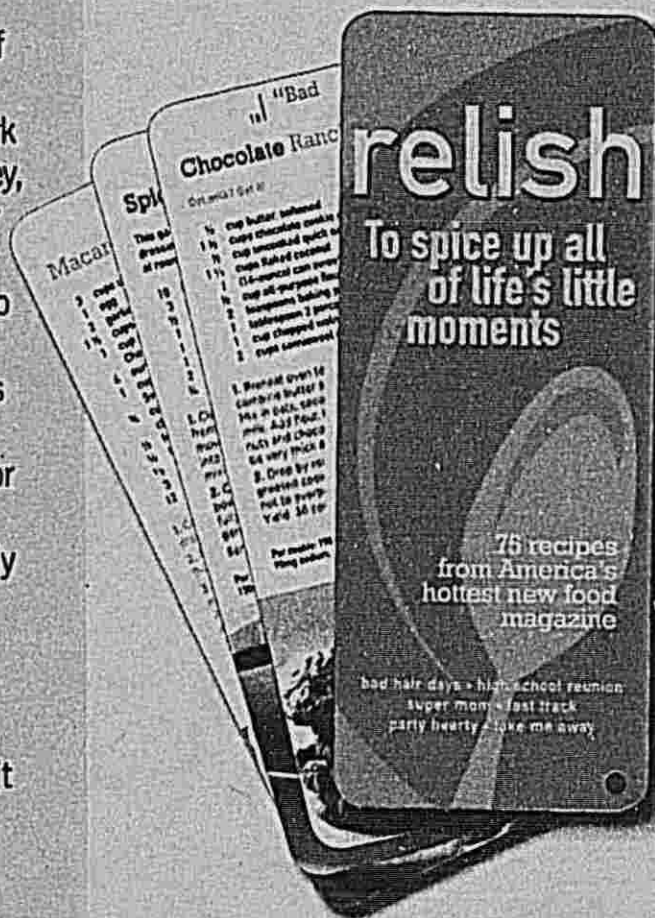
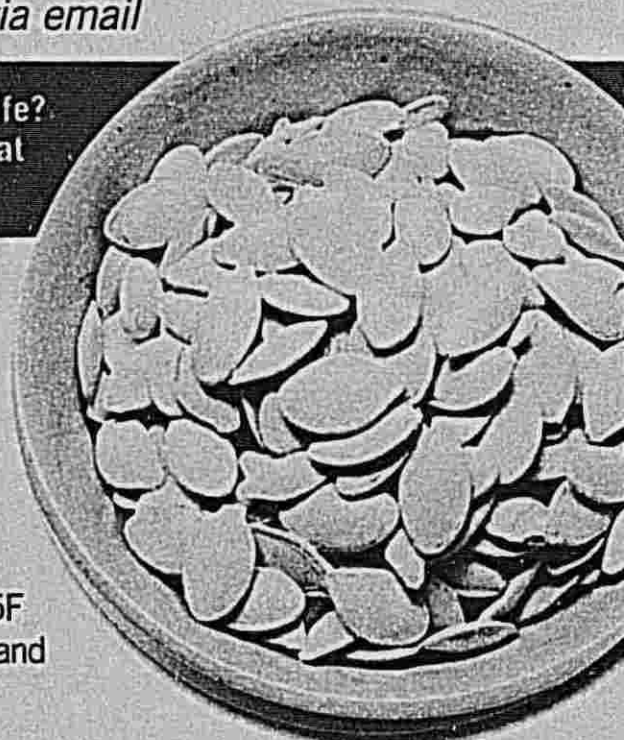
Think of it as peanut butter, albeit a salty, pungent peanut butter made from soybeans instead of peanuts. Miso, pronounced *MEE-soh*, is fermented soybean paste. While it comes in a variety of forms—red or white (also referred to as dark or light), rice and barley, they're all fairly similar and can be used interchangeably. Miso is the primary flavor in many Asian dishes including miso soup. We like its deep flavor and ease of use. It also keeps indefinitely in the fridge, which doesn't hurt either. Look for it in the refrigerated section next to the tofu. Try it in our Orange-Glaze Tofu (page 27).

"I get the emails from *Relish* and saw your site and thought I would check it out. Fantastic! I have printed some recipes already for my sister's upcoming birthday gathering." —Kathy Pecha, via email

Have thoughts on food, nutrition, life?  
Post them on our message boards at  
[www.relishmag.com](http://www.relishmag.com)

## Pumpkin Seeds

When carving your jack-o-lantern, don't throw out the seeds. Bake them up for a crunchy snack. Simply clean all the pumpkin goo off the seeds, toss them with oil, garlic or onion powder, paprika, sugar, salt and pepper, place in a pan and bake at 375F for about 30 minutes or until browned and crunchy. Ghoulishy good.



## Relish's Itty Bitty Cookbook

They say the average family eats the same 10 dishes on a rotating basis. What a shame, when the supermarket is stocked with more than 25,000 foods. If this sounds like you, then you need the first-ever *Relish* cookbook. Compiled in a groovy paint-chip style format, it contains more than 75 recipes for all occasions, from Chocolate Ranch Cookies for bad hair days to Chicken Tetrazzini for your next supper club. It's small so you can stash it next to the toaster for easy reference. We think you'll relish it—we do. At least it may get you to 15 rotating dishes. It's a great deal at \$14.98 and a perfect stocking stuffer for all the cooks on your list. Call (800) 851-5284 or go to [www.relishmag.com](http://www.relishmag.com)

(Continued on page 4)

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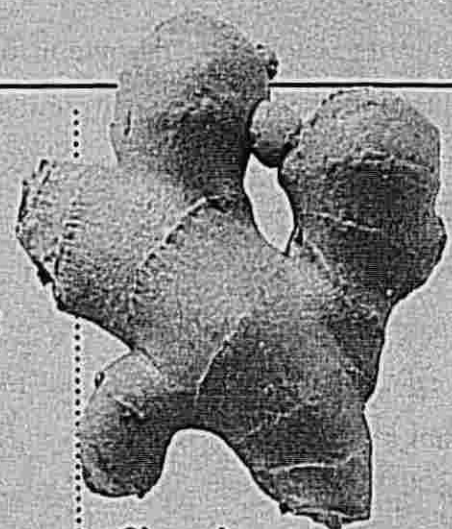
# This and That

(Continued from page 3)



## Lunchbox Lifesavers

Any parent knows the real challenge with school isn't the homework; it's the lunch. You either surrender to nachos and fries or pack it yourself in hopes that your little darlings will eat it. Enter O'Coco's, a new snack that's not greasy and won't turn little hands orange. These yummy little crisps are baked, not fried, contain no nasty trans fats and are whole grain to boot. They're also organic and contain all-natural ingredients. But the best thing? They actually get eaten. Kids love them. They come in convenient little bags, six to a box. Look for them in your local supermarket or go to [www.ococos.com](http://www.ococos.com)



## Ginger-ly

To keep ginger fresh indefinitely, peel it, chop it and place it in a jar with some sherry. You'll have ginger whenever you need it—and some flavorful sherry for cooking (or sipping) too.

## Calcium Pointers

When taking a calcium supplement remember to:

- Take it in the form of carbonate or citrate; avoid coral calcium.
  - Take it with meals to increase absorption.
  - Take in doses no larger than 500mg—larger amounts are absorbed less efficiently.
  - Don't take more than 2500mg a day, to lower the risk of kidney stones.
- (Source: UC Berkeley Wellness Letter, August 2006)

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*For our eyes only; your information will be kept confidential.*

"I am a beef producer and chairman of the industry's nutrition and health committee, so I was pleased to see *Relish* include recipes from *The Healthy Beef Cookbook* in the July article "Better Beef." . . . When it comes to safety, all beef is subject to the same rigorous inspection process and government guidelines—ensuring U.S. beef remains the safest in the world."

—Mike Cline, Chairman, Nutrition and Health Committee, Cattlemen's Beef Board and National Cattlemen's Beef Association

Missed the "Better Beef" story?  
Read it online at  
[www.relishmag.com](http://www.relishmag.com)

## Did You Know?

Supermarket shoppers with a list typically spend 10 to 15 percent more than those without a list (presumably because they don't forget anything).—Food Industry Statistic

## Shopping List

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Cereal  
flour  
eggs  
Chicken stock  
Onion  
Veggies



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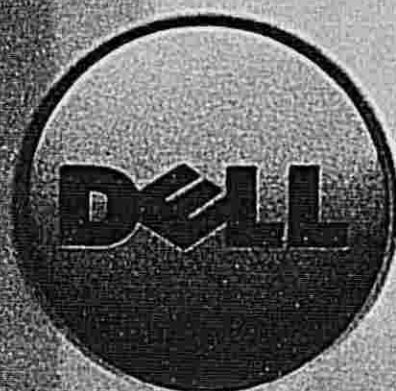
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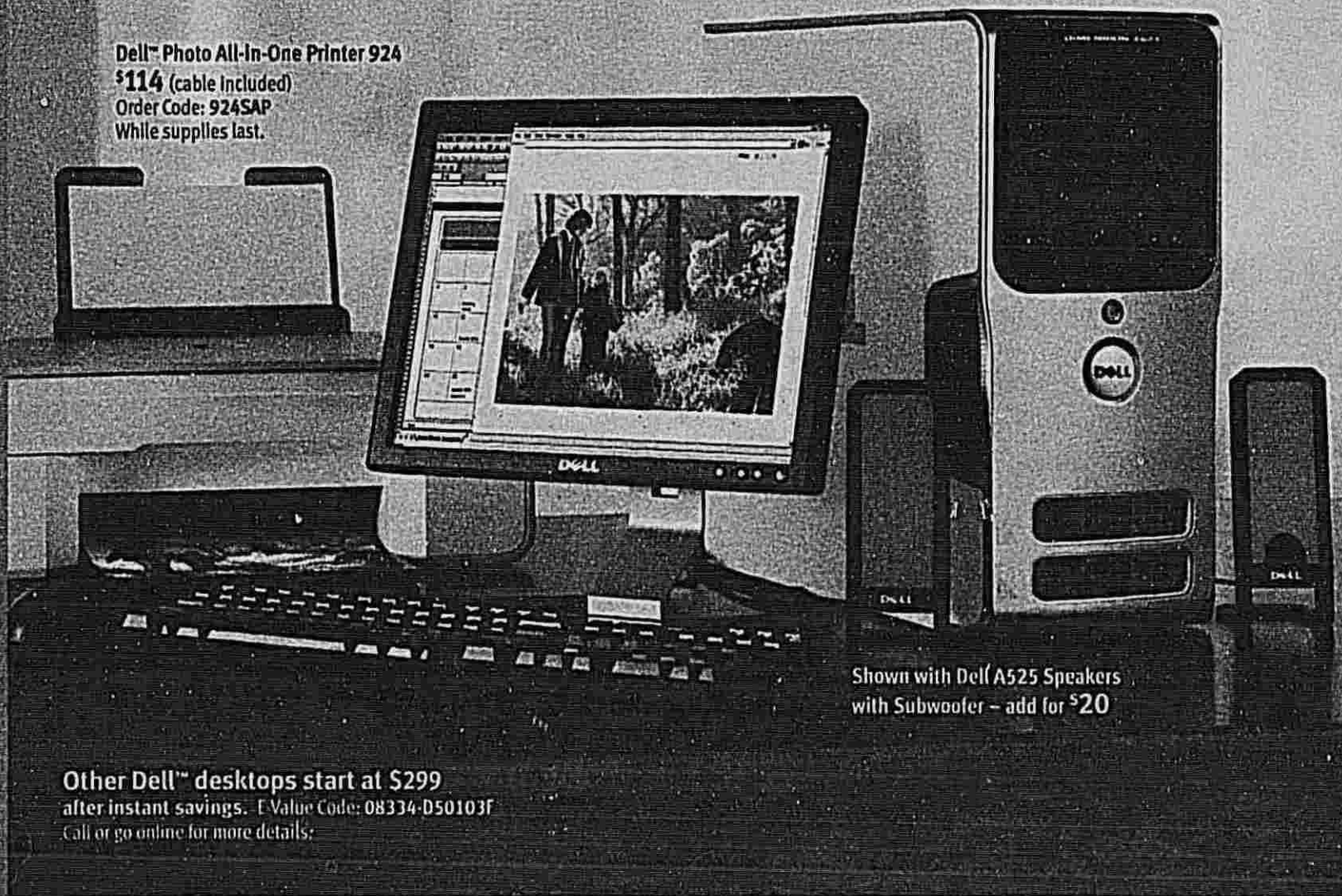
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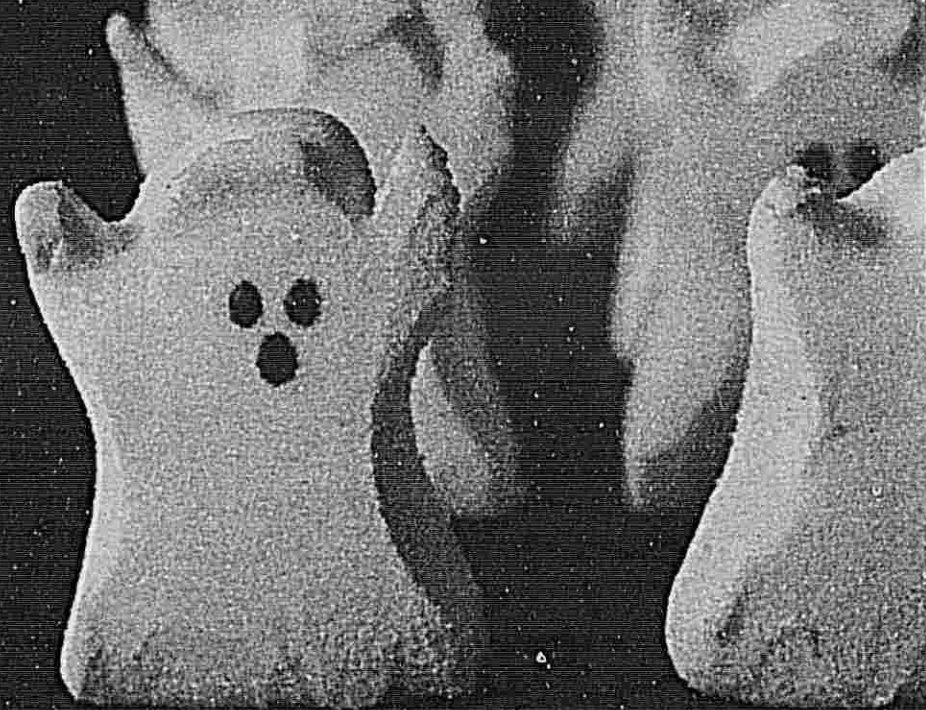
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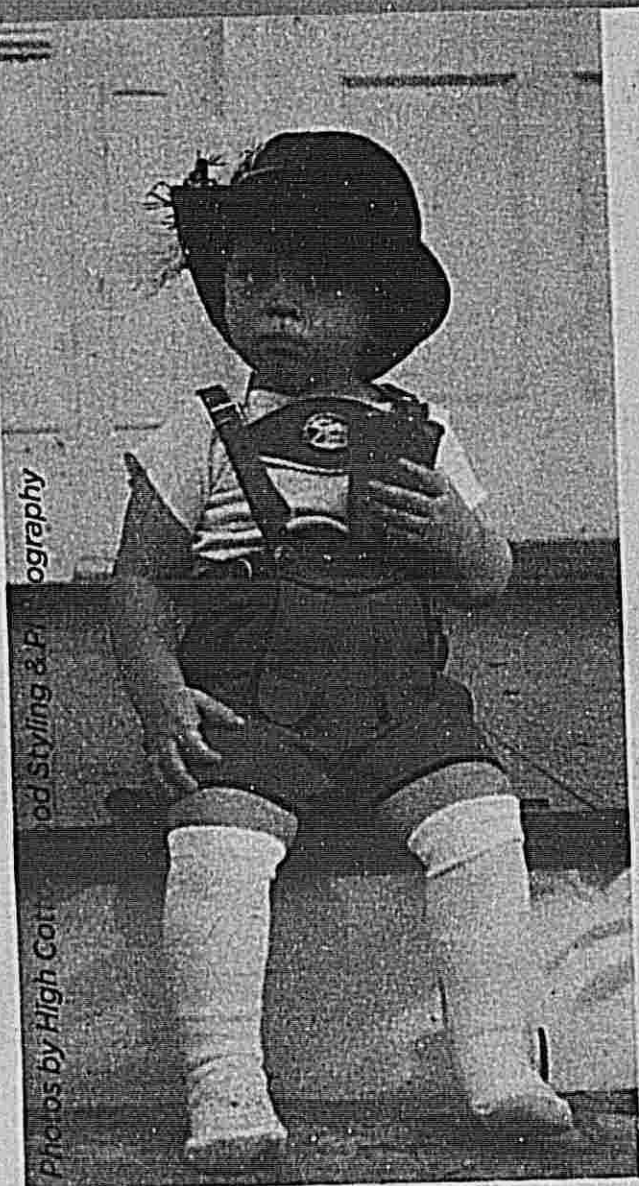




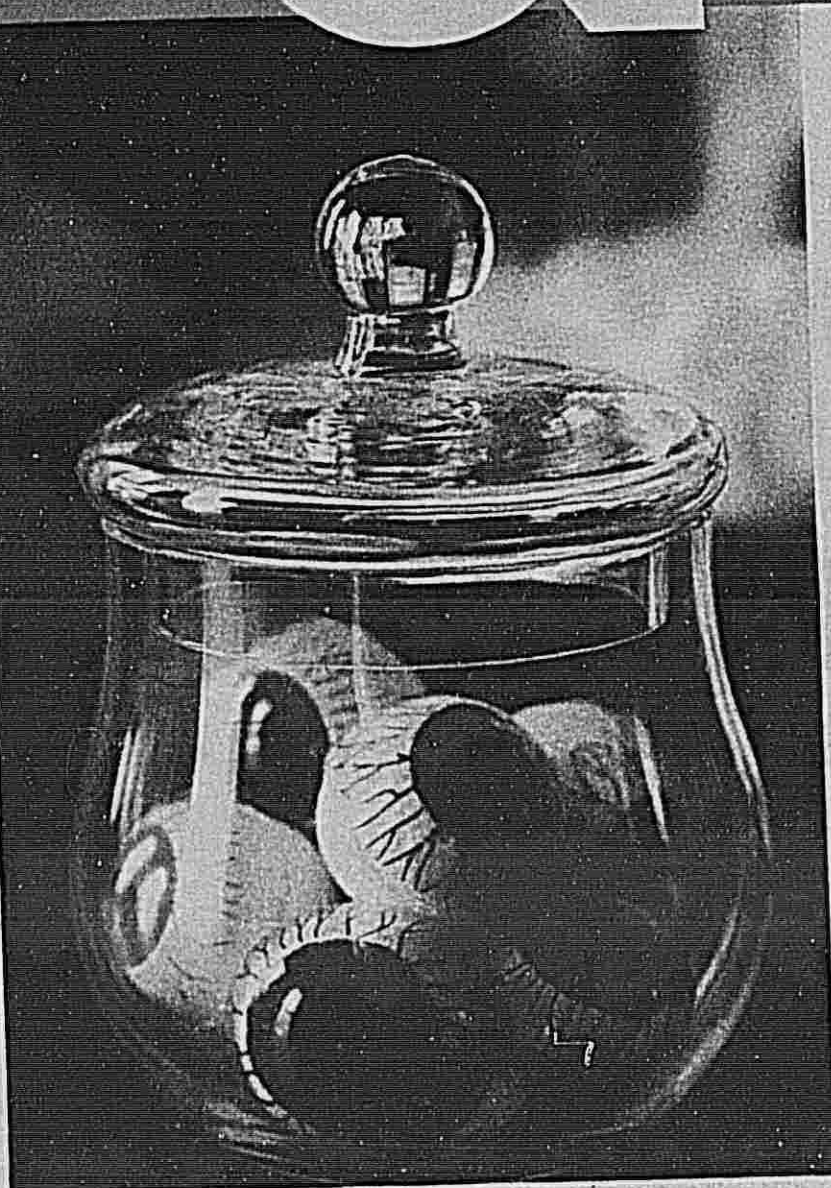
Bake up some cupcakes, throw on a pot of chili, dress the kids and you're ready for ...



# Tricks & Treats



Photos by High Cotton Food Styling & Photography







## Pumpkin Cupcakes

### Cupcakes:

- 2 ¼ cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ cup softened butter
- 1 ½ cups brown sugar
- 2 eggs
- 1 cup mashed cooked or canned pumpkin
- ¾ cup 2 percent low-fat milk
- ¾ cup chopped walnuts or pecans

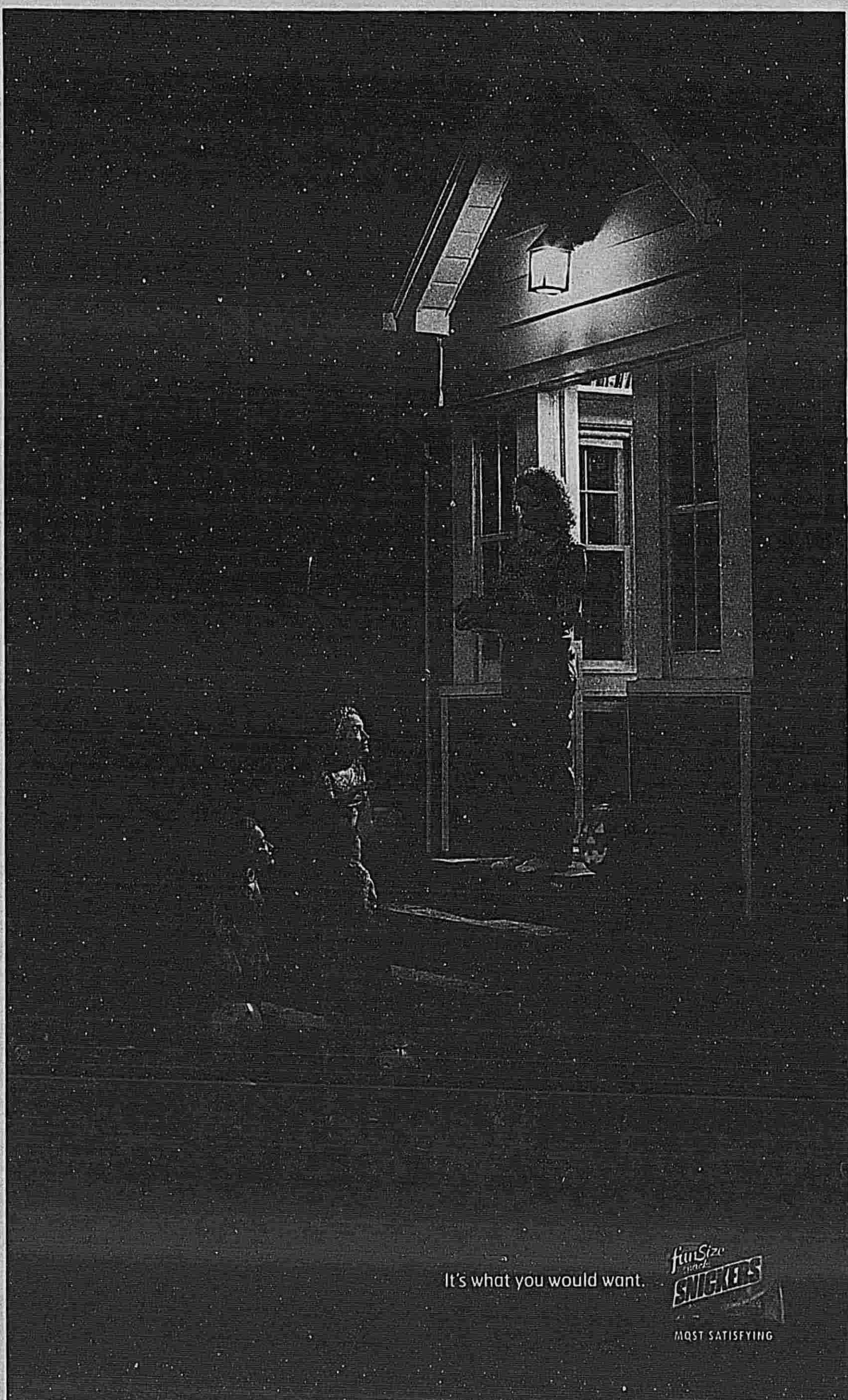
### Maple Cream Cheese Frosting:

- ¼ cup butter
- 1 (8-ounce) package cream cheese, room temperature
- 3 cups confectioners' sugar
- ½ cup maple syrup
- 2 teaspoons vanilla extract

1. Preheat oven to 375F. Insert paper liners into 24 muffin cups.
2. Sift together flour, baking powder, baking soda, salt and cinnamon. Cream butter and sugar until light and fluffy. Beat in eggs. Blend in mashed pumpkin. Stir in flour mixture alternately with milk, blending after each addition. Stir in nuts.
3. Spoon batter into muffin cups, filling cups about two-thirds full. Bake 25 minutes or until a wooden pick inserted in center comes out clean. Frost with cream cheese frosting.
4. To make the frosting, combine all ingredients in large mixing bowl and beat until smooth. Yield: 24 cupcakes.

Per serving: 280 calories, 12g fat, 3g prot., 41g carbs., 1g fiber, 220mg sodium.

(Continued on page 8)



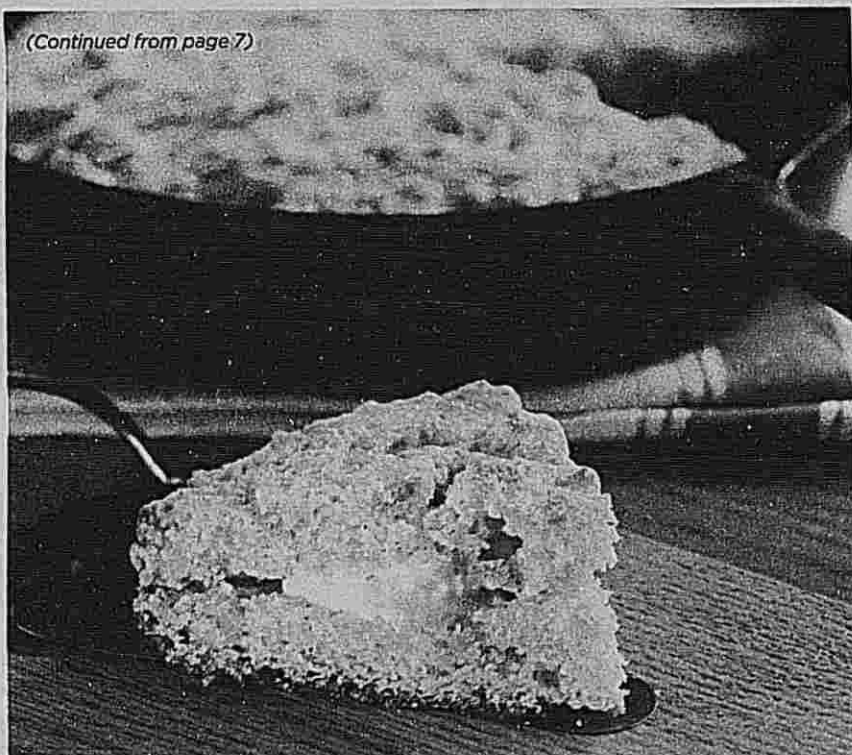
It's what you would want.

funSize  
SNICKES

MOST SATISFYING



(Continued from page 7)



## Buttermilk Cornbread

*A great accompaniment to chili, you can make this cornbread a day ahead. Kids love it. Good thing as it may be the only thing you get down them before the parade of candy! Be sure to use stone-ground cornmeal for its full flavor and distinctive, delicious grittiness. If it's not available locally, it's worth ordering by mail. Two good sources: [www.wareaglemill.com](http://www.wareaglemill.com) and [www.bobsredmill.com](http://www.bobsredmill.com)*

### Vegetable cooking oil spray

- 1 cup all-purpose flour
- 1 cup stone-ground yellow cornmeal
- 1 tablespoon baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon baking soda
- 1  $\frac{1}{2}$  cups buttermilk
- 2 tablespoons sugar
- 1 egg
- $\frac{1}{4}$  cup mild corn or canola oil
- 2 tablespoons butter

1. Preheat oven to 375F. Spray a 10-inch cast-iron or heavy, oven-proof skillet with cooking oil and set aside.
2. Sift together flour, cornmeal, baking powder and salt into a medium bowl.
3. In a smaller bowl, stir baking soda into buttermilk. Whisk in sugar, egg and oil.
4. Place prepared skillet over medium heat, add butter and heat until butter melts and starts to sizzle. Carefully tilt the pan to coat sides and bottom.
5. Pour wet ingredients into dry ingredients; combine quickly, using as few strokes as possible. Scrape batter into pan; bake 20 minutes or until golden brown. Let cool a few moments, and slice into 8 wedges to serve. Serves 8.

*Per serving: 230 calories, 4g fat, 5g prot., 28g carbs., 3g fiber, 360mg sodium.*

## Chicken Chili

*This versatile chili that everyone loves can stay on the stove all night to feed hungry goblins whenever they're ready. It's a perfect follow-up to a dinner of roast chicken. Make the chicken stock from the chicken bones, and toss the leftover chicken in the chili. Or use a rotisserie chicken. It's also totally adaptable—use spinach in place of kale, any kind of canned beans (even hominy) and any combination of chicken or turkey. Serve it with cornbread or cheese quesadillas and a green salad.*

- 2 tablespoons olive oil
- 1 cup chopped leeks or onion
- 3 garlic cloves, chopped
- 2 teaspoons ground cumin
- 1 teaspoon cumin seed
- 1 pound ground turkey sausage
- 3 cups chopped cooked chicken
- $\frac{3}{4}$  cup barley
- 2 (16-ounce) cans garbanzo beans
- 2 teaspoons pickled jalapeño
- 6 cups lower-sodium chicken broth
- 4 to 8 cups chopped kale (optional)
- $\frac{1}{2}$  cup shredded Monterey Jack or Cheddar cheese
- Chopped green onions, sour cream

1. Heat oil in a Dutch oven over medium heat. Add leeks and garlic; sauté 5 minutes. Add cumin, cumin seed and turkey sausage. Cook until sausage is browned. Add chopped chicken, barley, beans, jalapeño, broth and kale, if desired. Bring to a boil and simmer about 20 minutes or until barley is cooked. Serve topped with cheese and green onions. Serves 10.

*Per serving: 360 calories, 14g fat, 30g prot., 30g carbs., 7g fiber, 830mg sodium.*

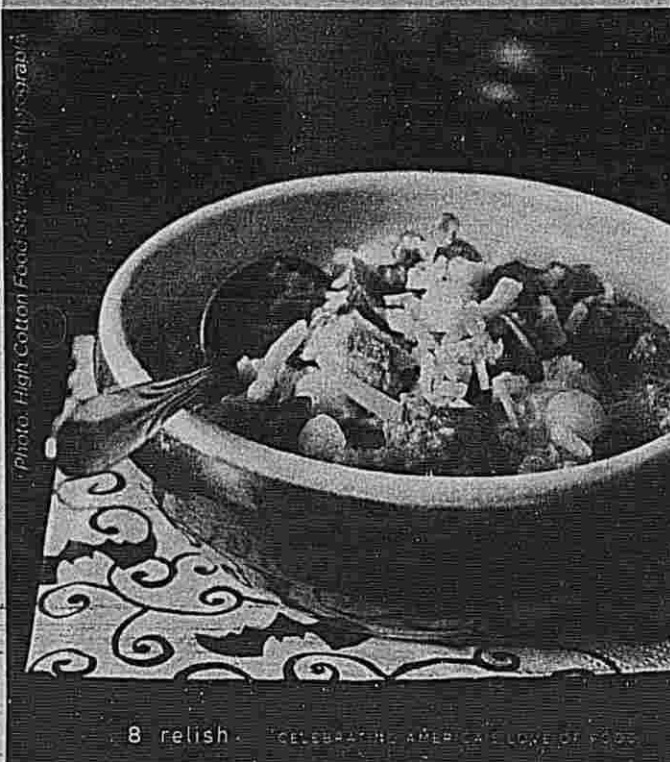


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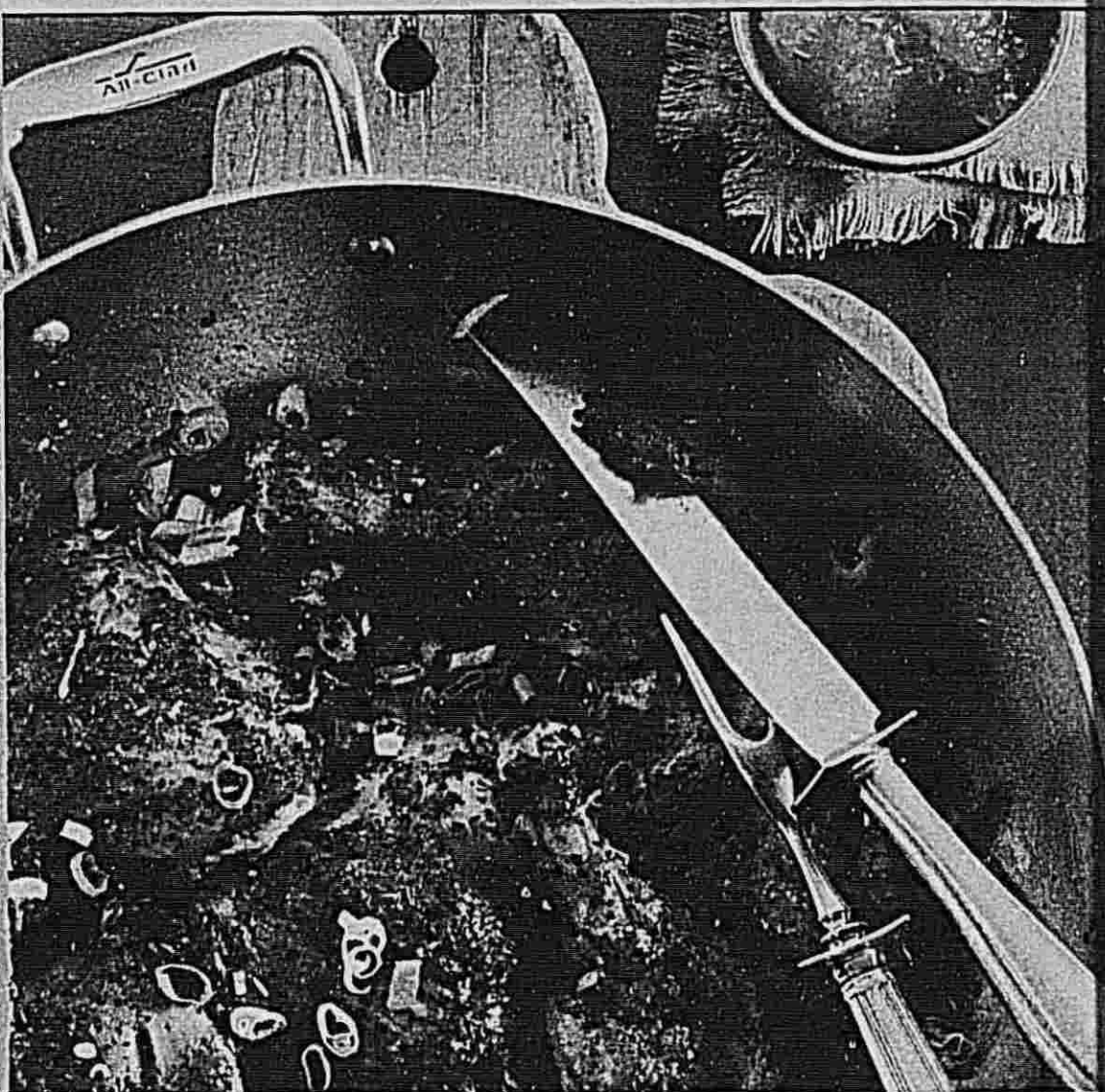
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# In a Jam for Dinner?

Preserves, jams, jellies, and chutney—with a pantry full of these condiments, you'll never be in a jam for dinner. With one dollop, they thicken, sweeten and flavor all at the same time. Most can be used interchangeably, and, as a bonus, they're fat free. Flank steak gets a kick from jalapeño jelly, meaty chicken thighs from cherry preserves, chicken quarters from peach preserves and puff pastry from mango chutney. ♪

*Recipes by Joanna Pruess, a food writer in Bronx, N.Y.*



## Peach-Ginger Glazed Chicken

*A mildly spicy golden glaze brushed over chicken quarters or breasts turns them into a juicy main course with a minimum of fuss. Make a large quantity of the glaze and store it in the refrigerator to brush over salmon or shrimp as well.*

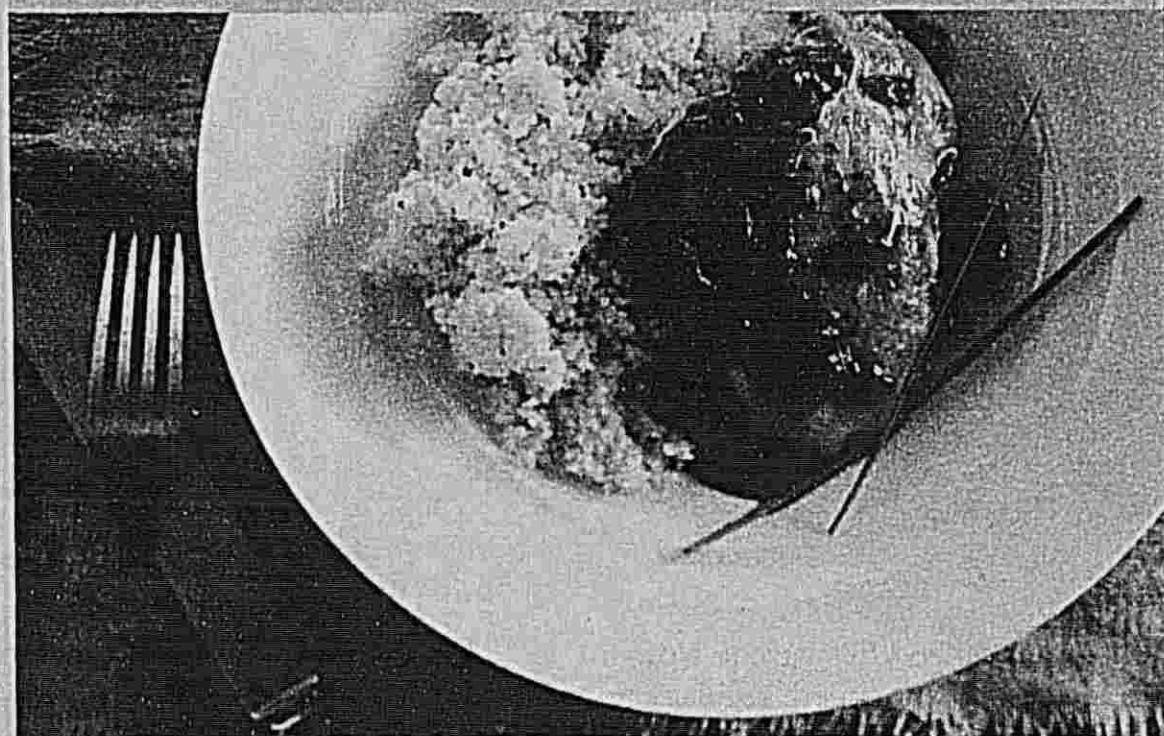
- ⅓ cup peach preserves
- 2 tablespoons finely grated fresh ginger
- 2 garlic cloves, crushed
- 2 tablespoons soy sauce
- 1 tablespoon spiced tea (such as Constant Comment) or other black tea leaves
- ⅛ teaspoon red pepper flakes, optional
- 1 to 2 teaspoons vegetable oil
- 4 chicken quarters, skinned
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 to 2 thinly sliced green onions, including green parts, to garnish

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1. Preheat oven to 350F.
2. Combine preserves, ginger, garlic, soy sauce and tea leaves in the bowl of a food processor and pulse until chunky-smooth. Scrape into a bowl and add red pepper flakes.
2. Heat oil in a large, heavy, oven-safe skillet over medium-high heat. Sprinkle chicken with salt and pepper; add to pan and brown well, 6 to 8 minutes. Pour glaze over chicken.
3. Transfer to oven and bake about 40 minutes, basting occasionally with sauce, until chicken is cooked through and glaze has thickened. Remove pan from oven and sprinkle with green onions. Serves 4.

*Per serving: 350 calories, 7g fat, 35g prot., 36g carbs., 0g fiber, 1030mg sodium.*

*(Continued on page 12)*



## Plum-Cherry Glazed Chicken

*Serve this flavorful dish with couscous to soak up the juices.*

- ⅓ cup cherry preserves
- 2 tablespoons Chinese plum sauce
- 2 teaspoons soy sauce
- ¼ teaspoon Chinese five spice seasoning
- 4 boneless, skinless chicken thighs
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

1. Combine preserves, plum sauce, soy sauce and Chinese five spice seasoning in a small bowl.
2. Heat a nonstick skillet until hot. Sprinkle chicken with salt and pepper. Add chicken to skillet; sauté 5 minutes on each side. Spoon sauce over chicken and cook 5 minutes longer. Serves 4.

*Per serving: 230 calories, 7g fat, 20g prot., 21g carbs., 0g fiber, 480mg sodium.*



NOT EVEN GRANDPA BUSH KNEW  
THE SECRET FAMILY RECIPE FOR  
BUSH'S CHILI. GRANDMA TOLD HIM  
ONCE, BUT LIKE MOST HUSBANDS,  
HE WASN'T LISTENING.



LOOKS LIKE HOMEMADE. TASTES LIKE HOMEMADE.



(Continued from page 10)

## Sausage Tarts with Mango Chutney

Using frozen puff pastry, these individual tarts are super easy to make. Make large ones for dinner or smaller ones for appetizers.

- 1 (8-ounce) sheet frozen puff pastry
- 1 tablespoon canola oil
- 1 ½ cups thinly sliced yellow onions
- 1 cup diced red or yellow bell pepper
- 12 to 14 ounces cooked chicken sausages, chopped
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup Major Grey mango chutney
- ½ teaspoon dried thyme leaves



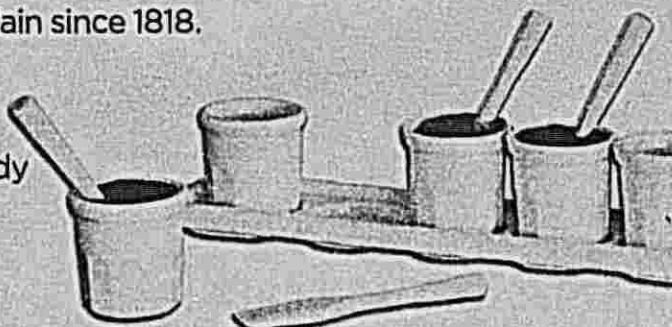
1. Preheat oven to 400F.
2. Thaw pastry according to package instructions. On a lightly floured board, roll out 1 sheet of dough with a floured rolling pin into a 14-inch square. Cut into 4 squares. Place on a cookie sheet; crimp edges slightly to form a crust. Bake 15 to 17 minutes or until the pastry begins to puff.
3. Heat oil in a large, heavy skillet over medium heat. Add onion, bell pepper, sausage, salt and pepper; cook, covered, about 15 minutes, or until sausage is browned, stirring often. Stir in chutney and thyme.
4. Spoon sausage mixture evenly over pastry squares and bake 10 minutes or until the pastry is lightly browned. Serves 4.

Per serving: 480 calories, 28g fat, 22g prot., 34g carbs., 3g fiber, 630mg sodium.

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## Peppered Beef with Pineapple Salsa

Jalapeño pepper jelly and Worcestershire sauce give flank steak a kick. Fresh pineapple provides a cooling, fruity contrast to the pepper salsa.

### Salsa:

- 1 cup diced fresh pineapple
- ½ cup diced red bell pepper
- ¼ cup diced red onion
- 2 tablespoons chopped fresh cilantro leaves
- 2 teaspoons minced fresh jalapeño pepper
- 2 tablespoons fresh lime juice
- ½ teaspoon kosher salt
- Freshly ground black pepper

### Beef:

- ¼ cup jalapeño pepper jelly
- 2 teaspoons Worcestershire sauce
- 1 teaspoon olive oil
- 1 ¼ pounds beef flank steak, blotted dry on paper towels
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

1. To prepare the salsa, stir together all ingredients. Cover and set aside.
2. To prepare the beef, melt jelly in a small pan; stir in Worcestershire sauce and set aside.
3. Heat oil in a large, heavy skillet over high heat until hot but not smoking. Season both sides of steak with salt and pepper, place in pan and cook about 4 minutes per side, turning once, or until desired degree of doneness.
4. Adjust the heat to low and spoon on jelly glaze. Cook 1 minute longer, until heated through and beef is glazed. Remove from the pan, divide among 4 dinner plates, spoon on salsa, and serve. Serves 4.

Per serving: 360 calories, 13g fat, 40g prot., 21g carbs., 1g fiber, 690mg sodium.



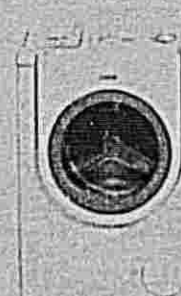


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# In a Nutshell

On a chilly November day in 1938, residents of Dothan, Ala., gathered to celebrate the town's peanut crop with a pageant, a grand ball and a tribute to a modest research professor from the Tuskegee Institute. After discovering more than 300 uses for peanuts and gaining international fame, 74-year-old Dr. George Washington Carver was making history again—this time as the honored guest at the first National Peanut Festival in Dothan.

Fast forward to 2006 for a frolicking festival that spans nine days and draws close to 200,000 visitors. The festival features peanuts in every shape and form—especially during the recipe contest, whose prize-winning entry last year was a Boiled Peanut Cake with Sweet Potatoes and Satsuma Tangerine Slices (go to [www.relishmag.com](http://www.relishmag.com) for the recipe).

Everybody's favorite event, according to Carrie Cavender, a festival organizer, is the grand finale parade. A large, revolving concrete mixer—modified by a local company “so it wouldn’t smash the peanuts”—litters the street with the roasted legumes before the procession begins. “Everybody brings a bag,” she says. “And the kids can run out and pick up all the peanuts they want and then eat ‘em while they watch the parade.”

The people of Dothan have every right to go nuts. According to the Alabama Peanut Producers Association, more than half of the nation's peanuts are grown within a 100-mile radius of Dothan. And many of the state's 1,800 peanut farmers live here, too.

Carver, no doubt, would be proud. ♪

By Nancy Henderson Wurst, a freelance writer in Chattanooga, Tenn.

(Continued on page 16)

THIS YEAR'S FESTIVAL TAKES PLACE NOV. 3-12. FOR MORE INFORMATION, VISIT [WWW.NATIONALPEANUTFESTIVAL.COM](http://WWW.NATIONALPEANUTFESTIVAL.COM) OR CALL (866) 277-3962.

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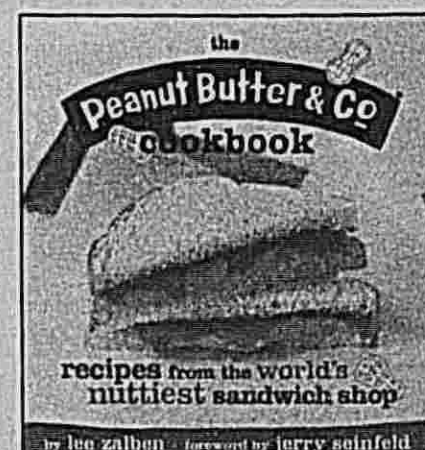
Then the *Peanut Butter & Co. Cookbook: Recipes from the World's Nuttiest Sandwich Shop* is for you! Inside you'll find 80 gooey recipes like the decadent Four-Layer Peanut Butter-Honey Cake, Baked Apples with Peanut Butter, Chocolate Peanut Butter Shake, Spicy Peanut Butter Burgers and more. With full color photos and tons of nutty statistics, this is one cookbook that will please your whole family.

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George Washington Carver (1864-1943) discovered 300 uses for peanuts.





LENOX



*Pendant shown larger than actual size. Height: 1"*

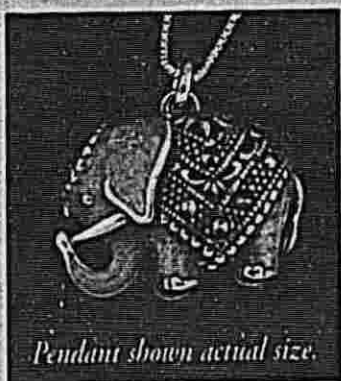
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(Continued from page 14)

## Chocolate Cake with Peanut Butter Frosting

### Cake:

- $\frac{3}{4}$  cup granulated sugar
- $\frac{3}{4}$  cup brown sugar
- 2 cups all-purpose flour
- $\frac{3}{4}$  cup cocoa
- $1\frac{1}{2}$  teaspoons baking powder
- $1\frac{1}{2}$  teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk
- $\frac{1}{2}$  cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water

### Frosting:

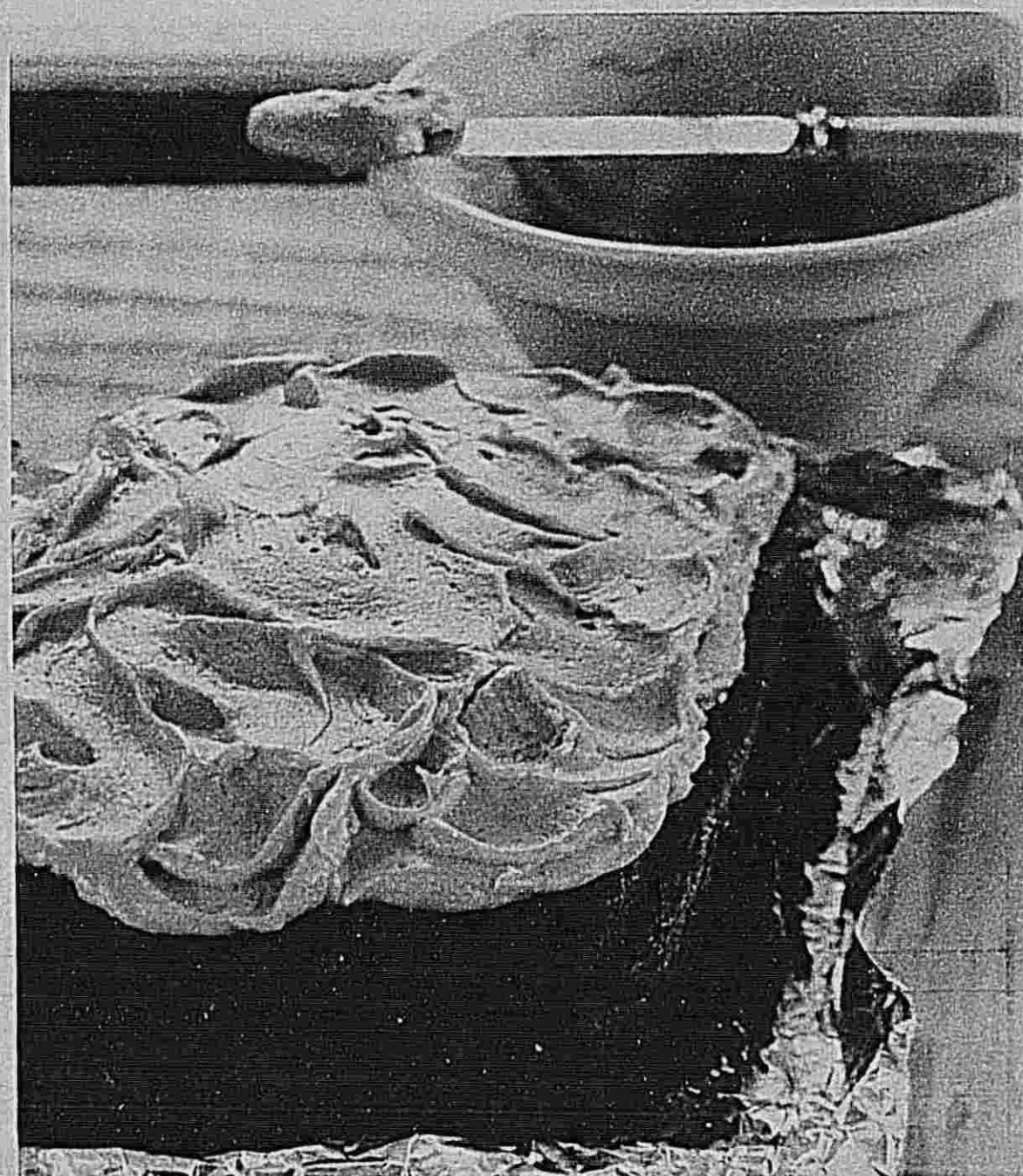
- 5 tablespoons butter, softened
- $1\frac{1}{2}$  cups, plus 2 tablespoons, confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup smooth peanut butter
- 2 to 5 tablespoons 2 percent low-fat milk

1. Preheat oven to 350F. Grease a 13-by-9-inch baking pan.

2. To make the cake, combine sugars, flour, cocoa, baking powder, baking soda and salt. Add eggs, milk, oil and vanilla; whisk vigorously until smooth. Stir in boiling water. Pour into prepared pan. Bake 35 minutes or until toothpick inserted in center comes out clean. Cool.

3. To make the frosting, mix butter and confectioners' sugar with an electric mixer. Add vanilla and peanut butter and beat well. Add 2 tablespoons milk slowly, beating with a mixer until very creamy. Add up to 3 additional tablespoons milk if necessary to achieve desired consistency. When cake has cooled, frost top. Serves 20.

Per serving: 300 calories, 16g fat, 6g prot., 36g carbs., 2g fiber, 350mg sodium.



## Thai-Style Peanut-Cabbage Salad

Everyone loves peanuts. In fact, they play an integral role in Thai dishes, such as this crunchy, sprightly salad.

### Dressing:

- $\frac{1}{3}$  cup brown sugar
- 2 tablespoons water
- 4 garlic cloves, peeled and chopped (not pressed)
- $\frac{1}{2}$  teaspoon red pepper flakes
- 2 tablespoons soy sauce
- $\frac{1}{4}$  cup lime juice
- 2 tablespoons peanut oil
- 1 teaspoon finely grated fresh ginger
- $\frac{1}{4}$  teaspoon salt

### Salad:

- $\frac{1}{4}$  pound blanched green beans
- 4 cups baby spinach
- 2 cups slivered green cabbage
- 3 green onions, sliced
- $\frac{1}{2}$  red bell pepper, slivered

- $\frac{3}{4}$  cup chopped dry roasted peanuts
- $\frac{1}{4}$  cup chopped basil or mint (optional)
- 1 (1-ounce) package roasted vegetable chips or sweet potato chips (such as Terra), lightly crushed

1. To make the dressing, combine brown sugar, water, garlic and pepper flakes in a jar with a lid. Add remaining dressing ingredients. Shake well.

2. To make the salad, toss together all salad ingredients except peanuts, basil or mint and vegetable chips.

3. Immediately before serving, drizzle about two-thirds of dressing over salad. Toss well. Sprinkle with roasted peanuts, herbs and vegetable chips. Pass remaining dressing at the table. Serves 4 to 6.

Per serving: 360 calories, 23g fat, 11g prot., 33g carbs., 7g fiber, 930mg sodium.





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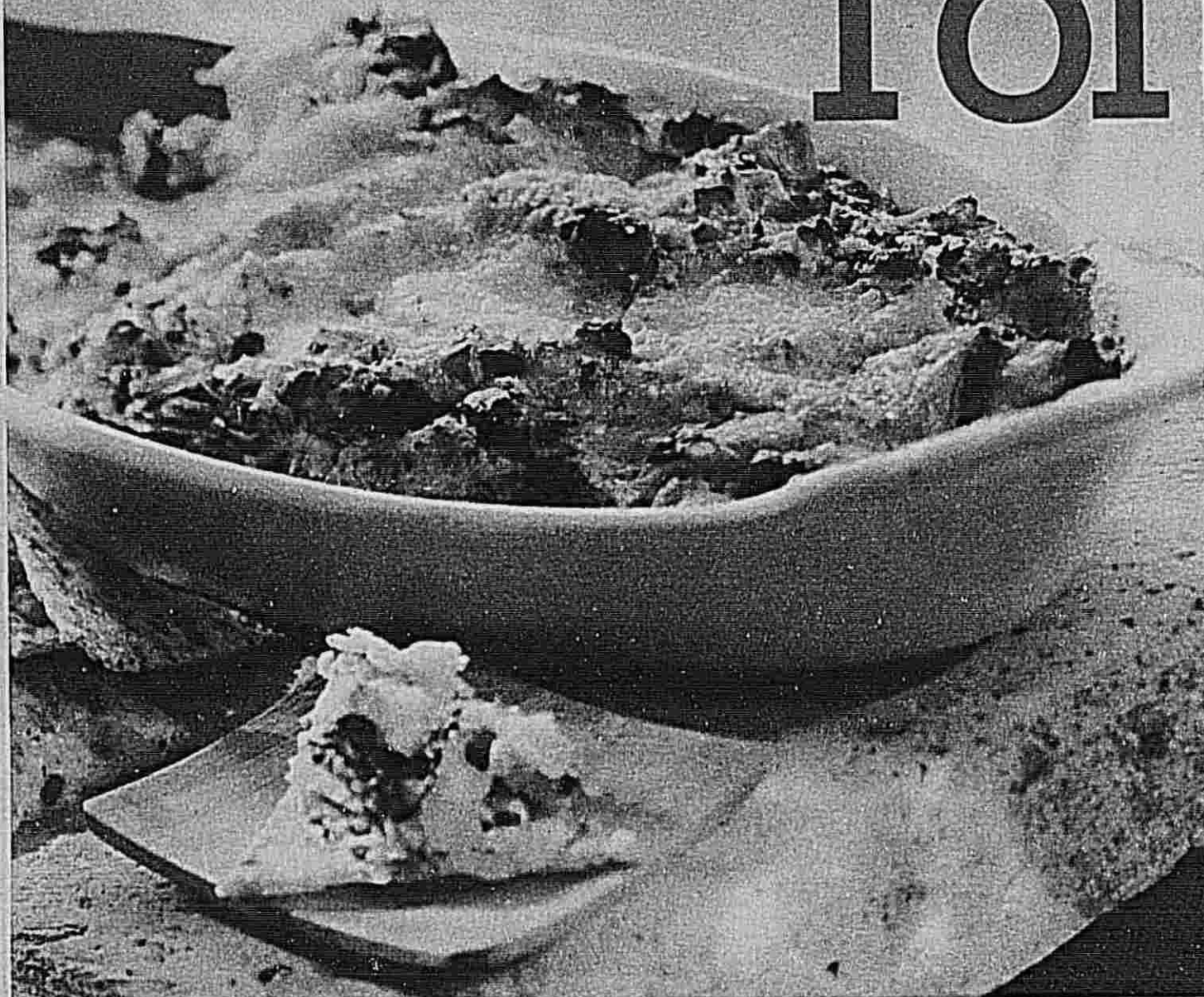
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# Tofu 101



## Hot Artichoke Spinach Dip

*Silken tofu stands in for the mayonnaise and cream cheese common in this cocktail party fare. Serve with pita chips.*

### Cooking spray

- 2 cups coarsely chopped marinated artichoke hearts (3 small jars), marinade reserved
- 1 (10-ounce) box frozen spinach, thawed and drained
- ½ cup sliced green onions
- 24 ounces silken tofu, drained
- 2 garlic cloves, halved
- 4 ounces Neufchatel
- Dash cayenne pepper
- ⅓ cup grated Swiss cheese
- ⅓ cup shredded Parmesan cheese, divided
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper to taste

Had a memorable tofu experience? Post it at [www.relishmag.com](http://www.relishmag.com)

1. Preheat oven to 350F. Spray a shallow gratin or 8-inch square baking dish with cooking spray.
2. Combine artichokes, spinach and onion in a medium bowl. Set aside.
3. Place tofu, garlic, Neufchatel, cayenne and 2 tablespoons reserved artichoke marinade in food processor. Process until smooth.
4. Combine tofu mixture with artichoke mixture. Add Swiss cheese, ⅓ cup Parmesan, salt and pepper and stir until well combined. Transfer to the prepared baking dish.
5. Sprinkle remaining Parmesan over top. Bake 30 to 35 minutes or until hot, bubbly and golden brown on top. Serves 10 to 12 as an appetizer.

*Per serving: 150 calories, 9g fat, 12g prot., 8g carbs., 2g fiber, 430mg sodium.*

As learning curves go, tofu's is mild. Many foods and drinks take getting used to; few people enjoy their first sip of coffee (bitter), hard liquor (burning) or jalapeño (hot). But tofu isn't threatening: it doesn't sting or have harsh flavors that make you recoil. It's about as scary as cottage cheese, egg white, sour cream or cooked chicken—all of which it has been compared to, legitimately, in some contexts.

Tofu's greatest asset is its ability to disguise itself and take on the flavor of whatever it's combined with. Soft or silken tofu whips up to a silky smooth consistency, substituting beautifully for cream cheese, mayonnaise or sour cream. The firmer, denser water-packed tofu behaves like a sponge, absorbing whatever marinade it's paired with. Just remember to use the right variety for the job, and you'll have a whole new appreciation for tofu.

- **Water-packed tofu**—Available in soft, firm and extra-firm textures, water-packed tofu always comes refrigerated. Its texture is crumbly, with a shaggy edge if pulled apart, and it has a slightly spongy uneven surface. It holds up well to stir-frying and sautéing and is terrific marinated, as it takes on whatever flavors it comes in contact with.
- **Silken tofu**—Silken or soft tofu's greatest asset is its ability to disguise itself in creamy concoctions from cheesecake to dips to salad dressing. Silken or soft tofu comes aseptically packaged in small cardboard boxes (which require no refrigeration) and in tubs in water, which do require refrigeration. It really is "silky," with a texture akin to custard. It absolutely can not be stir-fried or sautéed as it will turn to mush. ♪

*By Crescent Dragonwagon, author of *Passionate Vegetarian* and *The Cornbread Gospels* (forthcoming). She lives in Saxtons River, Vt.*

### Tofu and Health

Soy has been an integral part of the Asian diet for centuries. Whether that's the reason for their lower rates of heart disease, osteoporosis and cancer, we can't say, but what we do know about soy is good. Tofu, also known as soybean curd, is high in isoflavones, which are a form of phytoestrogens. Isoflavones have been shown to lower cholesterol, relieve menopause symptoms and help lower the risk of some types of cancer. Moreover, tofu is devoid of saturated fat and cholesterol and is high in protein.

*(Continued on page 20)*



# Homemaker Invents A Shine That Lasts

Miracle Polish Ends Struggle With Tarnishing Metals. By D.H. Wagner



Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as 'miracle polish' that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans

developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

Good Housekeeping Institute recommends MAAS for restoring heavily tarnished heirlooms stating, "MAAS cleans best and gives lasting results." The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."



How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen.

"To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restored glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television".



Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. As soon as viewers saw how effortlessly MAAS removed tarnish, stubborn spots, and stains from the piles of badly oxidized metals on stage MAAS hit big time. 17,000 viewers called during MAAS' debut and encore performances quickly brought a million dollars in record-breaking sales.

Sheila Oetting in Florida wrote Donna saying, "Thank you, for a wonderful product! Family treasures with 30 years of tarnish, grime and corrosion are gleaming. I'm so thrilled to see the beauty that had been hidden all those years."

Leona Toppel was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

A consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every polish tested.

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

## At Last, A Polish That Keeps Metals Shining!

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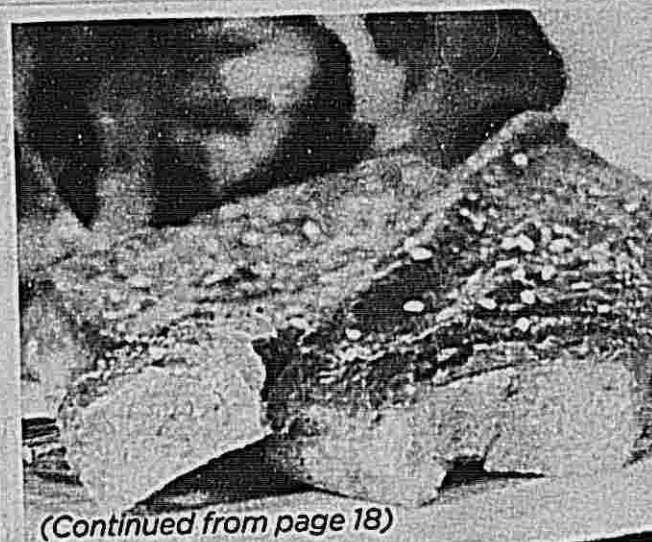
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# The Music You've Been Looking For!

## As Low as \$5 per CD



(Continued from page 18)

### Orange-Glazed Tofu

Here, water-packed tofu is roasted and basted with a bath of sweet-salty-savory flavors.

Cooking oil spray

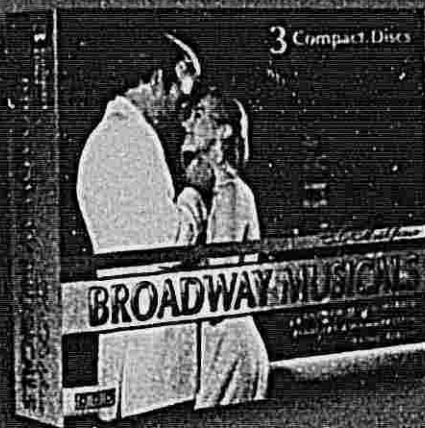
- 2 (14-ounce) containers extra-firm tofu, well-drained and blotted with paper towels
- 1 large seedless navel orange, zest and sections
- 3 tablespoons rice wine vinegar
- $\frac{1}{3}$  cup white or light miso
- $\frac{1}{2}$  cup vegetable or chicken stock
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{2}$  cup mirin (sweet Japanese rice wine) or sweet sherry
- 2 garlic cloves
- 3 tablespoon creamy peanut butter
- 1 tablespoon tomato paste
- Cayenne or hot pepper sauce, to taste
- $\frac{1}{8}$  teaspoon salt
- Freshly ground black pepper

1. Preheat oven to 425F. Spray a 13-by-9-inch baking pan with cooking oil.
2. Drain tofu. Cut each block of tofu in 4 slabs, each about the size and shape of a deck of cards. Place tofu in prepared pan.
3. Grate rind from orange, then remove and discard the white fibrous portion just under the rind. Halve the orange, pick out seeds and place fruit and rind in the processor with all remaining ingredients. Process until smooth. Pour over tofu in baking dish.

4. Bake 35 minutes. Remove pan, and, using tongs, turn over tofu pieces, then spoon a bit of sauce onto each. Bake about 20 minutes longer or until tofu is golden brown and there is very little glaze left. Let cool slightly, then stir browned bits around the pan edges into remaining glaze. Serve, dividing remaining glaze among the servings. Serves 4.

Per serving: 320 calories, 11g fat, 21g prot., 29g carbs., 3g fiber, 1300mg sodium.

### Reminisce with Broadway Hits!



Performed by The Starlite Orchestra and Singers

#### DISC 1

Phantom of the Opera  
The Music of the Night  
I Don't Know How to Love Him  
Jesus Christ Superstar  
Don't Cry for Me Argentina  
Oh! What a Circus  
Starlight Express  
Pumping Iron  
Memory  
Any Dream Will Do  
and many more

#### DISC 2

Hello, Young Lovers  
Oh, What a Beautiful Morning  
Carousel Waltz  
Climb Every Mountain  
It Might as Well Be Spring  
There Is Nothin' Like a Dame  
Oklahoma!  
If I Loved You  
Ballad  
The Sound of Music  
and many more

#### DISC 3

Cheek to Cheek  
Don't What Comes Naturally  
Easter Parade  
The Girl That I Marry  
Change Partners  
Isn't This a Lovely Day?  
It's a Lovely Day Today  
Let's Face the Music and Dance  
The Piccolino  
Top Hat, White Tie and Tails  
and many more

Your favorites from musicals like: The Sound of Music, Phantom of the Opera, Jesus Christ Superstar, Evita, The King and I, South Pacific, Annie Get Your Gun, Oklahoma, Joseph and the Amazing Technicolor Dreamcoat.

### Own All-Time Favorite Movie Hits!



Performed by The Countdown Singers

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Have You Ever Seen the Rain?  
My Big Secret  
Love Is All Around  
Never Should've Let You Go  
Colors of Love  
Love Song for a Vampire  
Big Gun  
Bohemian Rhapsody  
Stand by Your Man  
and many more

#### DISC 2

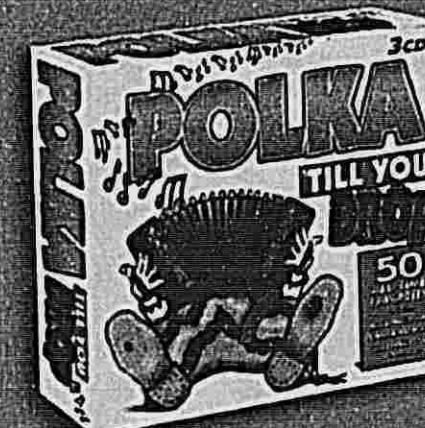
(Everything I Do) I Do It for You  
End of the Road  
Tears in Heaven  
You Gotta Love Someone  
Unchained Melody  
It Must Have Been Love  
I Will Always Love You  
Try a Little Tenderness  
What Becomes of the Brokenhearted  
When I Fall in Love  
and many more

#### DISC 3

Will You Be There  
Baby, I Love Your Way  
I Don't Wanna Fight  
I Have Nothing  
Theme from Jurassic Park  
The Crying Game  
I Love Music  
Whiskey in the Jar  
No Ordinary Love  
My Sharona  
and many more

Listen to the hits from great movies like: The Lion King, What's Love Got To Do With It, Jurassic Park, The Piano, Days Of Thunder, Philadelphia, Four Weddings And A Funeral, Pretty Woman, The Commitments, The Crying Game.

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Performed by Various Artists

#### DISC 1

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My Boyfriend  
Kukelecza Oberek  
7 Days and 7 Nights Polka  
Why Oh Why Waltz  
Let's Dance The Polka  
Kiss Me Polka  
We Left Our Wives at Home Oberek  
Remember Dear Waltz  
Monday Morning Polka  
and many more

#### DISC 2

Sun Is Gonna Shine  
Kakowak Polka  
Our Break Up Polka  
Beer Barrel Polka  
Waiting at the Well Polka  
Who Stole the Keeshika Polka  
Zosia Polka  
Beautiful Girl Polka  
Lilies in the Moonlight Polka  
Pennsylvania Polka  
and many more

#### DISC 3

50-Lat (Century) Polka  
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relish 20



# "Breakthrough Discovery To Grow Beautiful Nails"



## Even if you have never been able to grow strong beautiful nails

By Jana Lynn

You too can grow strong beautiful nails with Trind™ Natural Nail-Repair. I guarantee it!

Now it's so easy to grow the nails you've always dreamed of—even if you have already tried a number of other things without success.

Trind is Europe's leading nail care product for women who want beautiful nails without the expense and inconvenience of acrylics.

Trind is so effective that it has even earned "pharmaceutical" status in Switzerland. This allows Swiss doctors to prescribe Trind Natural Nail-Repair for their patients with nail problems.

Sweden's leading women's magazine compared Trind Natural Nail-Repair with nail care products from industry giants such as Clinique, Mavala, Cutex, and Kanebo. They chose Trind as the "best" of all.

What makes Trind Natural Nail-Repair so effective? It reinforces the protein molecules in your nails and regulates their moisture content to make them strong and flexible. That's why Trind nails never get brittle.

Even women that have never been able to grow beautiful nails before are amazed at how strong and flexible their nails become in only two weeks with Trind Natural Nail-Repair.

Until now, many women with problem nails have turned to acrylics for the pretty nails they wanted. But, they have soon discovered acrylics have problems of their own.

Acrylics cost hundreds of dollars more each year than natural Trind nails. They seem to pop off at the worst possible times—and they are often the cause of nail fungus.

It's so easy to grow strong, beautiful nails that won't break when you use Trind Natural Nail-Repair. It takes only minutes right in the privacy and convenience of your own home.

Your Trind Beauty Kit for nails includes one bottle of Trind Natural Nail-Repair (about a 4-month supply) and Trind's Nail-Magic 3-way buffer.



Plus, you get a **FREE Gift** just for ordering before the expiration date.

### **RISK-FREE GUARANTEE**

I guarantee you will grow stronger, more beautiful nails with Trind™ Natural Nail-Repair than with anything you've ever used—at any price—or your money back.

Try Trind Natural Nail-Repair and Nail-Magic buffer **RISK-FREE** for a **FULL 4 MONTHS**—then decide. If you aren't delighted, return them for a full refund of every cent you paid.

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Simply send your name and address, along with a check for only \$22 plus \$3 shipping and handling to:

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 Coral Springs, FL 33076

**Free Gift expires September 15, 2006**

Don't wait to begin growing strong beautiful nails that you can be proud of. Order today.

Please visit us at: [www.deloent.com](http://www.deloent.com)

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## Do you have any of the problems they used to have?



"Best nail product I've ever used. In the past five years I've tried nine different nail strengtheners priced from \$1.89 to \$39.95. My nails continued to peel and split until I tried Trind.

"Now my nails grow — healthy! — until they need to be cut because they get in my way."

**Sonja Strickland**  
 Kingsland, Georgia



"I never want to be without your Trind Natural Nail-Repair again! I used it even though I didn't really believe it could make a difference in my splitting fingernails. Ashamed of them, I'd keep my hands as hidden as I could when with friends.

"In just a few weeks I am really happily wearing pretty rings on my lovely nails—my very own!!"

**Jackie Klinsky**  
 Watsonville, California



"After exhausting so many products and methods to help my splitting, peeling and non-growing nails, I felt I had nothing to lose and decided to try the product. I'm so glad I did! Believe me, it works!

"My husband had two split nails that would not grow out and he too, decided to try TRIND. Now he adds his voice to mine, 'It really works!' I'm amazed at the condition and growth of my nails. It's unbelievable!"

**Nikki & Addison Fritts**  
 Delray Beach, Florida



"I have always had trouble with my nails splitting and peeling. But with your Nail-Repair the difference in them is amazing.

"Over time I have tried everything trying to get my nails to grow. This is the first thing I have ever used that actually did what it said it would."

**Wanda L. Shults**  
 Okemah, Oklahoma



"I'll admit to being skeptical. After all, over the years I had tried them all (Sally Hansen, Barielle, Naitique, etc.) and nothing helped my thin weak nails that split and cracked before they even reached the end of my nail beds.

"TRIND was going to be my last attempt to grow my own nails before giving in to the expense and risks of artificial ones. Imagine my utter surprise and joy to find TRIND works where all others have failed.

"This is the most wonderful and amazing product! At last I can enjoy the beautiful nails that before I had only been able to envy on other women."

**Michelle Hogan**  
 Harvard, Massachusetts



"I just can't stop looking at my beautiful nails!

"I have NEVER in my life been able to grow, sustain and maintain such healthy, strong and LONG nails! They were paper-thin after having acrylics removed and the regularly recommended products did not help me at all!

"I am a TV host of my own show called 'Vee on Venice' and needless to say I need to look my very best from head to toe for my viewers.

"So now I finally feel fully confident that my nails will film beautifully."

**Vee V. Garry**  
 Venice, Florida, Channel 21

"I stopped using acrylics but my nails looked terrible, so for two years I sat on my hands to hide my nails whenever I went out. Then I tried Trind Natural-Nail Repair and it seemed like my nails became long and strong almost overnight.

"Now people think my natural nails are acrylics. Every time I go to my manicurist she just shakes her head. She can't believe how well it's working."

**Florence Atkinson**  
 Houston, Texas



relish | a new American farmer

# One Good Apple

Photo: Travis Merrigan

When Peter Klein learned that his favorite fruit farmers were retiring, he did what many food enthusiasts dream of. The marketing executive bought their orchards and started his own company—the Seedling Fruit brand. Today, his 80-acre farm in South Haven, Mich., grows more than 20 apple varieties, along with pears, apricots, berries and other fruit.

Like many small orchard owners, Klein focuses on growing apples for taste and is devoted to his refractometer, a hand-held gadget, more typically found in vineyards, to measure the brix, or sugar level, in fruit. “When we pick fruit at the peak of ripeness, it shows up when you bite into it,” says Klein.

Klein and other growers like him are doing their part to save the old-time flavors of heirloom varieties—Red Cortland, Senshu and Northern Spy are just a few of the heirlooms Klein grows. While most grocery stores carry about four varieties of apples, many more are quietly gaining attention. Slow Food, an organization that seeks to save flavors at risk of being lost, lists 129 varieties of American apples on its Ark of Taste program, many with enticing names like Buckingham Buff, Westfield Seek-No-Further and Rusty Coat. And the risk of losing these apples is real—in 1904 the United States listed 7,800 varieties of apples. We now have around 200.

Klein has found an enthusiastic audience for his heirloom apples, available at specialty food shops, at farmers markets in the Chicago area and Ann Arbor and online. To view his line of fresh fruits, dried fruits and preserves, visit [www.seedlingfruit.com](http://www.seedlingfruit.com) ?

By Janine MacLachlan, a freelance writer, cooking teacher and co-leader of Slow Food Chicago.

Peter Klein at his orchard.



Photo: Stephanie K. Klein

## Special Offer – Easy as Pie

Based on an old-fashioned model, this NEW Fruit and Vegetable Peeler and Corer cores, peels and slices apples in a flash. Suction-base grips any smooth surface. Also use for pears, potatoes, yams and other hard vegetables. Includes adjustable peeling blade and removable coring and slicing blade. Sturdy enameled cast steel with stainless-steel shaft and prong.

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## Holy Trinity Apple Crisp

Peter Klein's staff at Seedling Fruit coined the term "holy trinity of pie apples" to refer to their favorite combination of Northern Spy, Golden Grimes and Ida Red. Baked together they make a tastebud-bursting combination. If you can't find them, try Granny Smith, Rome Beauty and Gala.

### Topping:

- 1½ cups old-fashioned oats
- 1 cup all-purpose flour
- ½ cup granulated sugar
- 2 tablespoons brown sugar
- ½ teaspoon salt
- 12 tablespoons (1½ sticks) cold unsalted butter, cut into small pieces

### Filling:

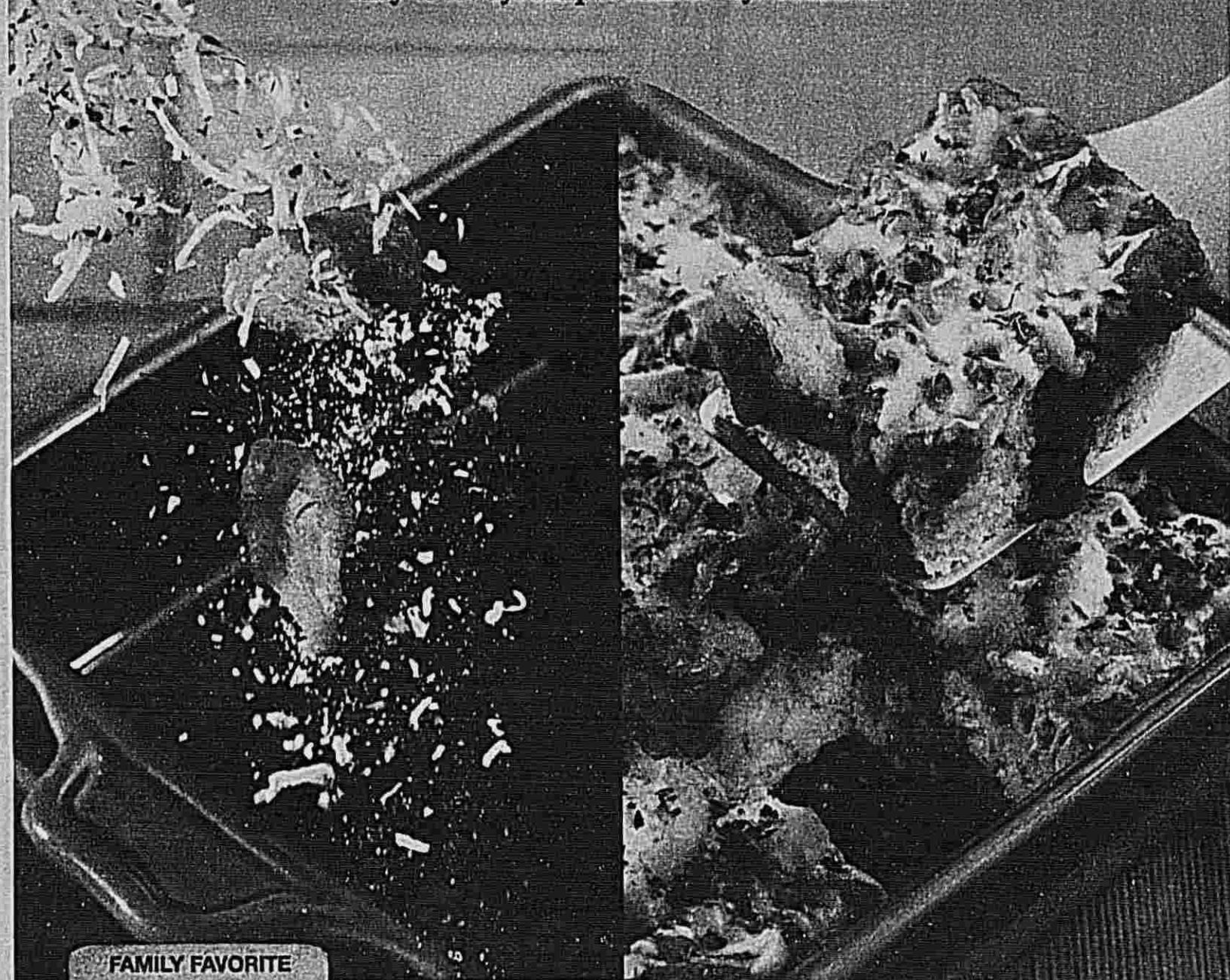
- 2 tablespoons brown sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon freshly ground nutmeg
- ¼ teaspoon ground cloves
- 4 pounds apples (about 10), peeled, cored and sliced

1. Preheat oven to 400F.
2. To make the topping, combine oats, flour, sugars and salt. With a pastry blender or hands, cut in butter until topping is crumbly.
3. To make the filling, combine brown sugar, flour, cinnamon, salt, nutmeg and cloves in a large mixing bowl. Add apple slices and toss to coat. Spoon into a 3-quart baking dish and cover with topping. Bake about 50 minutes or until fruit bubbles and topping is browned. Serves 10.

Per serving: 340 calories, 14g fat, 3g prot., 55g carbs., 6g fiber, 230mg sodium.

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Just add toppings to the Fleischmann's 1-Dish Bake & Rise batter.  
They're always simple. And always delicious.



### FAMILY FAVORITE

**1-Dish**  
**Bake & Rise**

**Fleischmann's 1-Dish**  
**Chicken Parmesan**

BAKE: 30 MINUTES SERVES: 6

#### Fleischmann's 1-Dish Bake & Rise Batter

- Mazola Pure™ Cooking Spray
- 1-1/2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 envelopes Fleischmann's® RapidRise Yeast
- 3/4 cup very warm water (120° to 130° F)
- 3 tablespoons olive oil

#### Toppings

- 3 cups (11-12 oz.) fully cooked, frozen, breaded chicken (breast or tenders), chopped
- 2 cups (16 oz.) marinara spaghetti sauce
- 1 cup (4 oz.) Italian blend shredded cheese
- 1 teaspoon Spice Islands® Italian Herb Blend (or other brand)



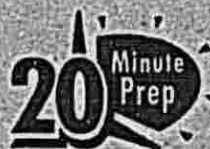
**MIX** batter ingredients together in a pre-sprayed 8 x 8-inch baking dish. Let rest 5 to 10 minutes.



**TOP** batter evenly with chicken. Pour marinara sauce over chicken, sprinkle with cheese and herb blend.



**BAKE** by placing in a cold oven; set temperature to 350° F; bake for 30 minutes, until baked through.



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## relish | your wine

If you've been choosing wine based on a single grape—Chardonnay, Merlot, Pinot Grigio—maybe it's time to veer off that beaten path and try a blend. After all, European winemakers have been blending grapes for centuries with revered results (those famous red Bordeaux, for example, are blends). Winemakers everywhere are coming up with unique, anything-goes formulas, and the results can range from satisfying, any-night sips to head-turning party picks. More great news; many are good values, too.

Curious? A good way to start is to try a blend that features your favorite grape mixed with some new dancing partners. Here some inexpensive, reliable picks and the grapes that go into each.



**Wine columnist,  
Wini Moranville,  
guides you to the  
best bottles  
for the money.**

### White Blends

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- Joseph Phelps Pastiche 2004 California White Table Wine—Sauvignon Blanc and Chardonnay; \$13
- Ménage à Trois 2005 California White Table Wine (from Folie à Deux Winery)—Chardonnay, Muscat and Chenin Blanc; \$12

### Red Blends

- Alice White South Eastern Australia Cabernet Shiraz; \$6.99
- Wild Bunch 2003 California Red Wine—Zinfandel, Syrah and Barbera; \$10
- St. Francis Winery 2002 Sonoma County Red—Merlot, Zinfandel, Grenache and Sangiovese; \$12





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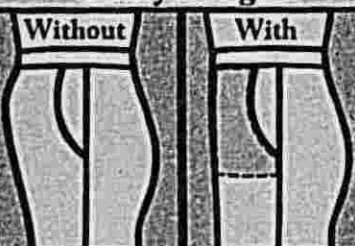
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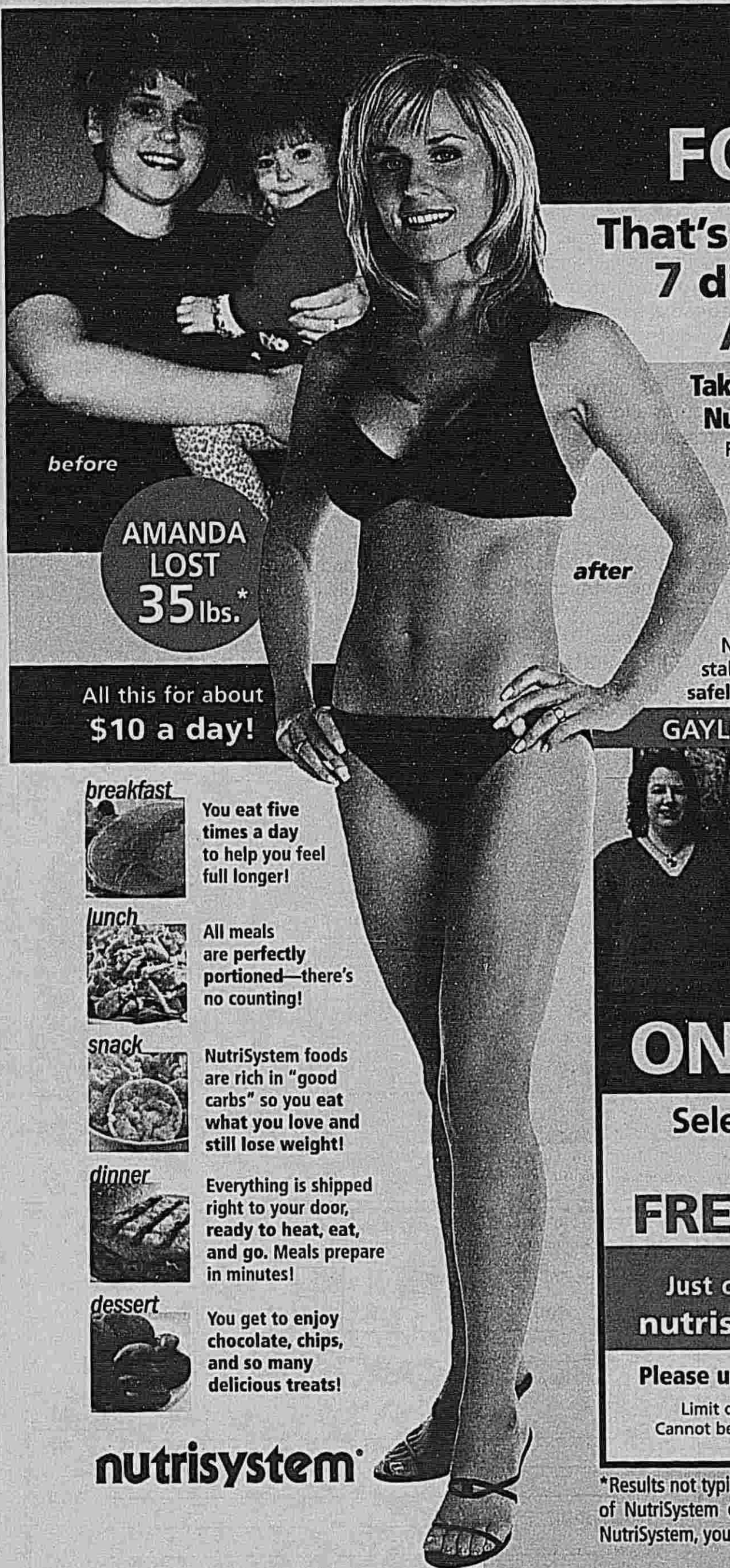
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relish | pass the  
relish, please

Photo: High Cotton Food Styling & Photography

From the cookie swap to the potluck supper, food is best when shared.

Here our readers share their favorite recipes.

Rosell Bocchieri of Loveland, Colo., says she makes this salad for large picnics. We think it's great any time of year. Send your favorite recipe to [passtherelish@relishmag.com](mailto:passtherelish@relishmag.com)!



### Broiled Portobello Mushroom Salad

- 1/4 cup olive oil
- 4 tablespoons red wine vinegar
- 2 teaspoons grainy Dijon mustard
- 1/8 teaspoon salt
- 4 large Portobello mushroom caps
- 4 ounces goat cheese, room temperature
- 4 cups arugula, stems trimmed
- 16 grape tomatoes, halved

1. Combine oil, vinegar, mustard and salt; whisk well.
2. Place mushroom caps on a plate; drizzle with half the vinaigrette. Broil mushrooms in a shallow pan about 5 minutes (rounded side up).
3. Turn caps over and top with goat cheese. Return to the oven to slightly melt cheese.
4. In a medium bowl, toss arugula with remaining vinaigrette and tomatoes. Spoon onto four plates; top each with a warm mushroom. Serves 4.

Per serving: 287 calories, 23g fat, 11g prot., 11g carbs., 3g fiber, 306mg sodium.

relish 27

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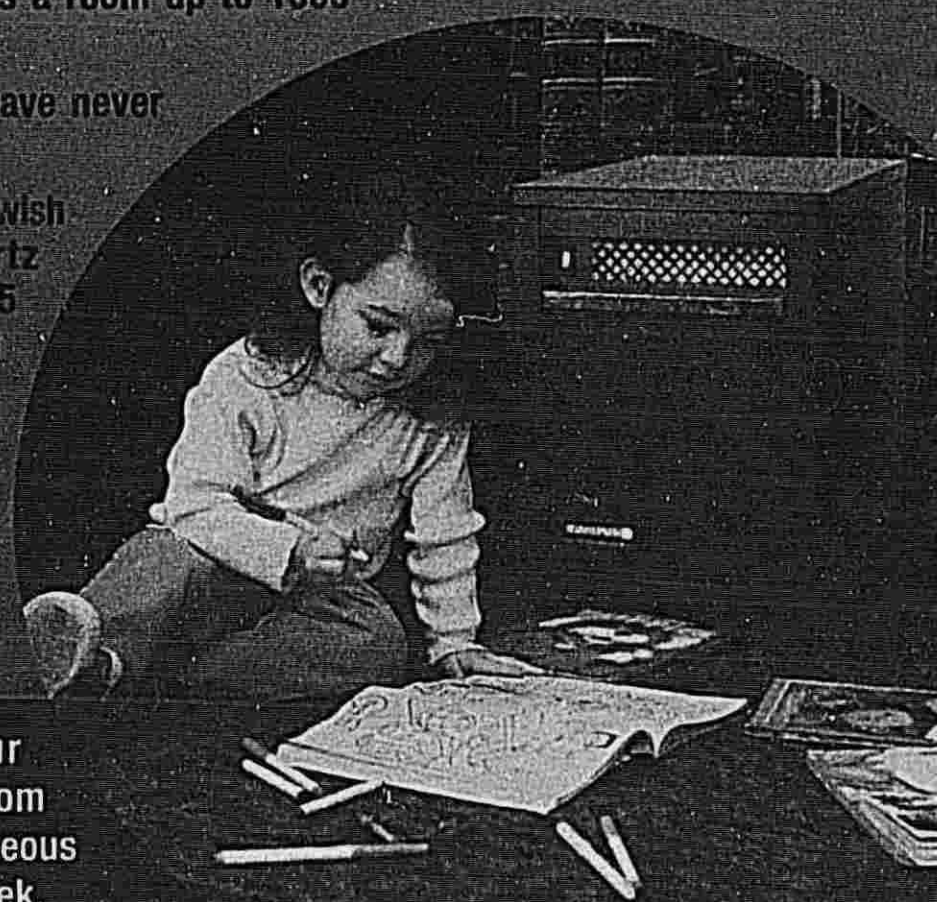
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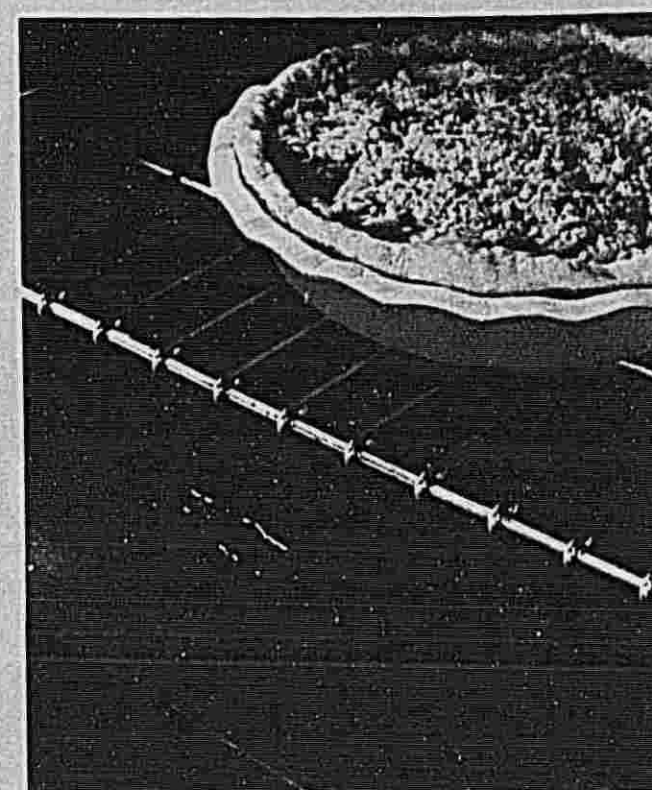
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## Stopping for Fuel in Charlottesville

Patricia Kluge—the owner of the 1,800-acre Kluge Estate Winery and Vineyard—was so convinced that drivers deserved good food as they traveled through her area that she created a roadside eatery housed in a former gas station in Charlottesville, Va. Called Fuel Co., the restaurant features a sail-like canvas canopy soaring above the still-working gas pumps and hinting at the cutting-edge concept within. The interior is divided into the C-store, a convenience store and wine shop; the Café/Espresso Bar with gourmet eat-in or take-out fare; and the chic Bistro Bar.

Kluge lured Executive Chef Tim Hockett and Pastry Chef Serge Torres to Charlottesville where they found both "the good life" and farm-fresh ingredients. Torres uses fruit raised on the Kluge Estate for his preserves, pastries and homemade granola; Hockett sources some ingredients—farm-raised chickens and incredible ground beef and brown eggs—from Poly Face Farms in Staunton, Va.

"What's great about being in a small town is that we can actually go out and hand-pick the produce," Hockett explains. "In Chicago, you never actually see a farm or farmers; here, they drive up to the kitchen door, and we choose the best directly from their pickup trucks. Some farmers even stay and fuel up in front. Our new slogan is: Eat here, get gas!" —Irina Lew

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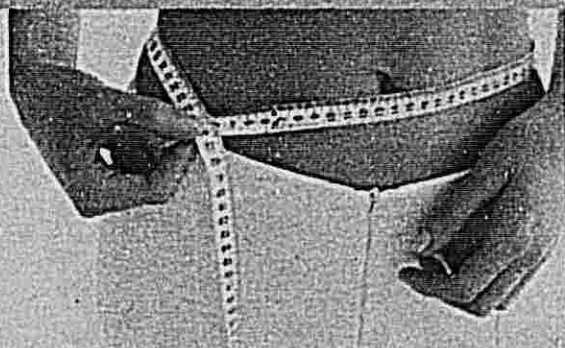
Photos by Matthew Mueller

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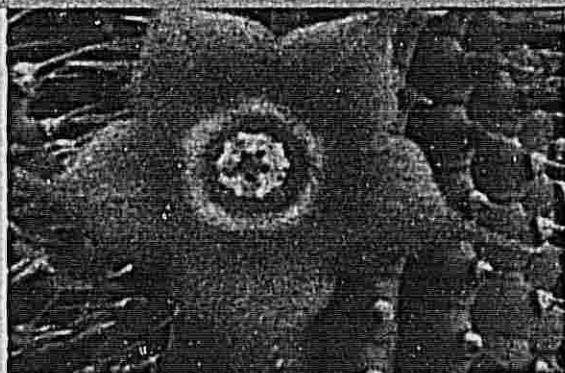
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## TREKKING THE TRIPLE CROWN

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### INSIDE:

- Stuttgart, Ark., is wild about ducks
- Tony Smith carves striking fish lures
- Delicious Devil's Lake potatoes



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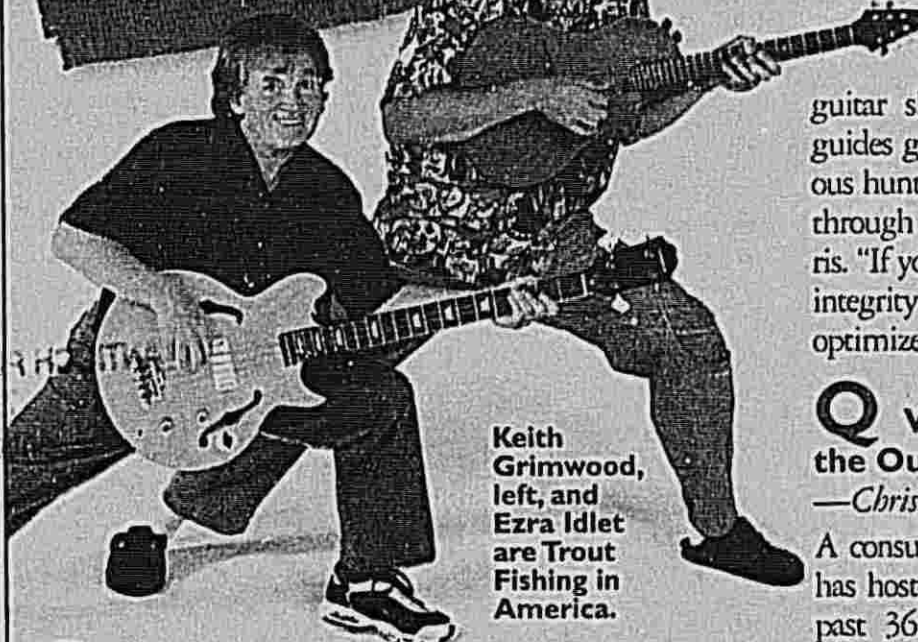
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## Ask American Profile



Keith Grimwood, left, and Ezra Idlet are Trout Fishing in America.

**Q** I saw the craziest musical act recently—they're called Trout Fishing in America. My whole family loved them. But what do they have to do with fishing?

—Anne H., Haines City, Fla.

The only fishing done by the eclectic folk-rock act of Keith Grimwood and Ezra Idlet is "hooking" audiences for more than 20 years with their infectiously witty, wholesomely wacky songs. Named after a quirky 1968 novel by Richard Brautigan, the group has been nominated for two Grammy Awards and received high praise from several national parenting organizations. Often they record tunes they've co-written in workshops with kids, such as "Alien in My Nose" and "My Pants Fell Down" from their new CD, *My Best Day*.

## CMT

### Trucks, yuks and other goodies on CMT

"CMT Sure Thing Fridays" programming is a perfect way to kick off the weekend. Start your engines with the Chrome Shop Mafia and *Trick My Truck* (7 p.m.), roll with the laughs and music on *Foxworthy's Big Night Out* (7:30 p.m.) and follow the drama and dreams of *Dallas Cowboys Cheerleaders: Making the Team* (8 p.m., all times Central).

**Q** Does Ted Nugent consider himself a rock star who hunts, or a hunter who rocks?

—H. Manley, Corvallis, Ore.

The Detroit-born Nugent wears both hats equally, and equally well. Half the year, he's a world-famous guitar slinger; the other half, he guides groups of customers to various hunting spots around the globe through his company, Sunrise Safaris. "If you want to get to know and appreciate the depth and integrity and soul of your fellow man," says Nugent, 57, "it is optimized at a campfire."



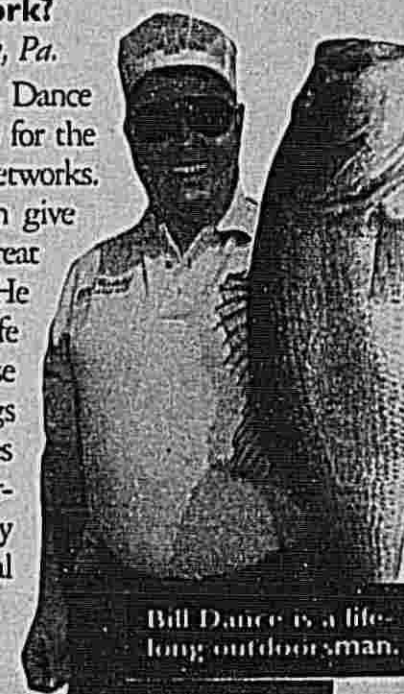
Rock star Ted Nugent

**Q** What can you tell me about Bill Dance on the Outdoor Life Network?

—Christopher Towns, Franklin, Pa.

A consummate outdoorsman, Dance has hosted *Bill Dance Outdoors* for the past 36 years for various networks. "The greatest gift anyone can give is an introduction to the great outdoors," says Dance, 65. He lives in Tennessee with his wife Dianne, away from city noise and lights. "I live with the frogs and the crickets, the snakes and the owls. We look at turkeys, deer and squirrels every day. There's something magical about the outdoors." ☆

\* Cover photo by Kurt Wilson



Bill Dance is a life-long outdoorsman.

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"I Ain't Her Cowboy Anymore" and "How 'Bout Them Cowgirls" to the ballad "That's My Kind of Woman," Strait continues to serve up the soundtrack for the weekend heart-beat of America's dance halls and honky-tonks.

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## Hometown Spotlight

by STUART  
ENGLERT  
Senior Editor

# Wild about Waterfowl

After the rice fields are harvested and millions of ducks begin their annual migration south along the Mississippi River flyway, John Stephens can be found sitting in a camouflaged blind on his father's farm east of Stuttgart, Ark. (pop. 9,745), awaiting the familiar quack of migrating mallards.

"I always look forward to it," says Stephens, 33, of the fall hunting season. "I like to communicate with the birds and see how they react to the call."

Stuttgart, the self-proclaimed Rice and Duck Capital of the World, is home to Riceland Foods—the world's largest rice miller and marketer—and each year thousands of sportsmen and women converge on the town to participate in the fall hunt and attend the World's Championship Duck Calling Contest.

Last November, Stephens won the championship for the third time, outperforming 70 of the nation's best duck callers in the oldest and most prestigious event of its kind. Held annually since 1936, the contest today is part of the weeklong Wings Over the Prairie Festival, featuring a Queen Mallard pageant, duck gumbo cookoff and youth duck calling clinics.

In short, Stuttgart is wild about waterfowl, and townspeople take great pride in the community's claims to fame. The Stuttgart High School mascot is the Ricebird; the city maintains farming and waterfowl exhibits at the Museum of the Arkansas Grand Prairie; and visitors can lodge at the Best Western Duck Inn or shop at Mack's Prairie Wings, the nation's premier waterfowl outfitter.

Surrounded by thousands of acres of flooded rice fields and



Queen Mallard  
Meredith McGee  
and John Stephens  
with his trophy

Photo courtesy of Stuttgart Chamber of Commerce



Young duck callers practice quacking in Stuttgart, Ark.

wooded wetlands, Stuttgart is a haven for waterfowl and hunters alike. Flocks of ducks and geese feast on grain that harvesters leave behind, and truckloads of hunters pour onto nearby farms and wildlife refuges to pursue the birds during a season that generally begins in mid-November and continues through January.

Migrating waterfowl have been drawn to the hardwood bottomlands of eastern Arkansas for eons, using the secluded backwaters of the Arkansas, Cache and White rivers to feed and rest on their journey south.

"Water is the most important thing for ducks," says Larry Mallard, manager of the 160,000-acre White River National Wildlife Refuge, 25 miles east of Stuttgart. "They've got to have water. Water sustains them."

When farmers began planting rice on the Grand Prairie in the early 1900s, the grain-loving waterfowl had a reason to land on the flooded fields around Stuttgart. At first, the marauding birds were considered pests for eating the farmers' grain, but soon townspeople began catering to the sportsmen who came to hunt the enormous flocks of migrating mallard, gadwall, pintail and wigeon.

Among the first was the late M.T. "Mack" McCollum, the 1941 world duck calling champion who began selling sporting goods at his hardware store in the 1930s. By 1944 his trade with waterfowl hunters became



A mallard greets customers at Mack's Prairie Wings.

so brisk that he opened a separate sporting goods store.

"It's been said that it was the first full-line sporting goods store," says Marion McCollum, 64, son of the store's founder.

Today, Mack's Prairie Wings sells everything for hunters, from battery-operated duck decoys to Winchester shotgun shells, in a 32,000-square-foot store north of town. The store also carries duck calls manufactured by John Stephens, last year's world champion duck caller.

"The mallard is the only duck that makes a quack," says Stephens, the owner of Rich-N-Tone Duck Calls. "The other species make a whistle or other sound."

In a few weeks, Stephens will get to demonstrate his award-winning skills, teaching his children—Reese, 6, and Riley, 4—the finer points of quacking. It's a ritual that happens each fall in duck blinds around Stuttgart.★

**The Wings Over the Prairie Festival is scheduled Nov. 22-26. For more information, visit [www.stuttgartarkansas.org](http://www.stuttgartarkansas.org) or call (870) 673-1602.**

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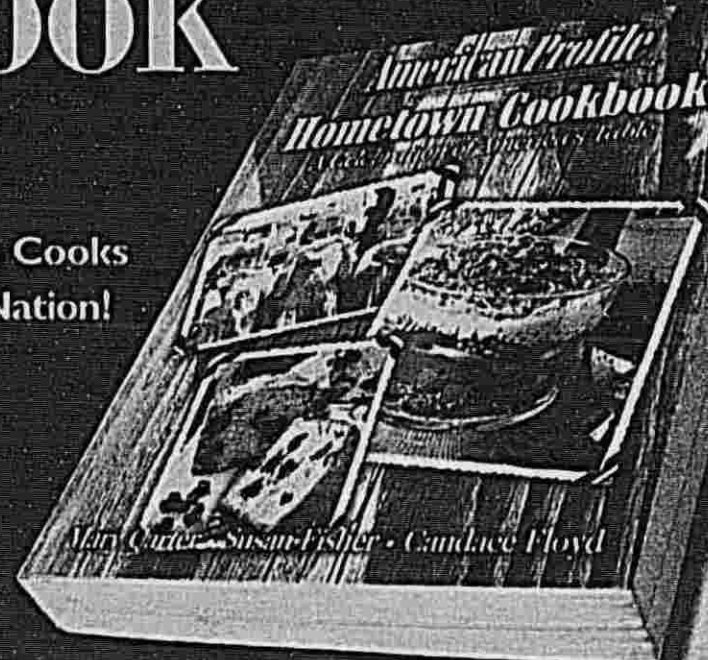


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Prep Time: 20 minutes Cook Time: 1 hour Makes: 6 to 8 servings

- |   |  |
|---|--|
| 2 pounds venison, buffalo, elk or beef, cut into 1/2-inch cubes | 2 cans (14.5 oz. each) diced tomatoes with basil, garlic and oregano |
| 2 tablespoons vegetable oil                                     | 2 large red potatoes, cubed  |
| 1 large onion, coarsely chopped                                 | 1 package (16 oz.) peeled baby carrots                               |
| 1 large green or red bell pepper, cut in cubes                  | 1 tablespoon chili powder  |
| 2 large celery stalks, cut in 1/2-inch slices                   | 2 teaspoons garlic salt  |
| 3 cloves garlic, minced   | 1 teaspoon ground cumin  |
| 1 can (14 oz.) beef broth                                       |  |

**BROWN** venison cubes in oil in an 8-quart saucepan over medium-high heat, stirring occasionally. Remove venison from pan; drain. **ADD** onion, bell pepper, celery and garlic to pan, cook 3 to 5 minutes, stirring occasionally until almost tender. Return venison to pan. **STIR** in beef broth, tomatoes, potatoes, carrots and spices; bring to a boil. Reduce heat to low. **COVER** and simmer over low heat 1 to 1 1/2 hours or until meat is tender, stirring occasionally.

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"Every year my family camped at Devil's Lake in Wisconsin. These potatoes were prepared ahead so we could throw them on the grill when we got there." ☆

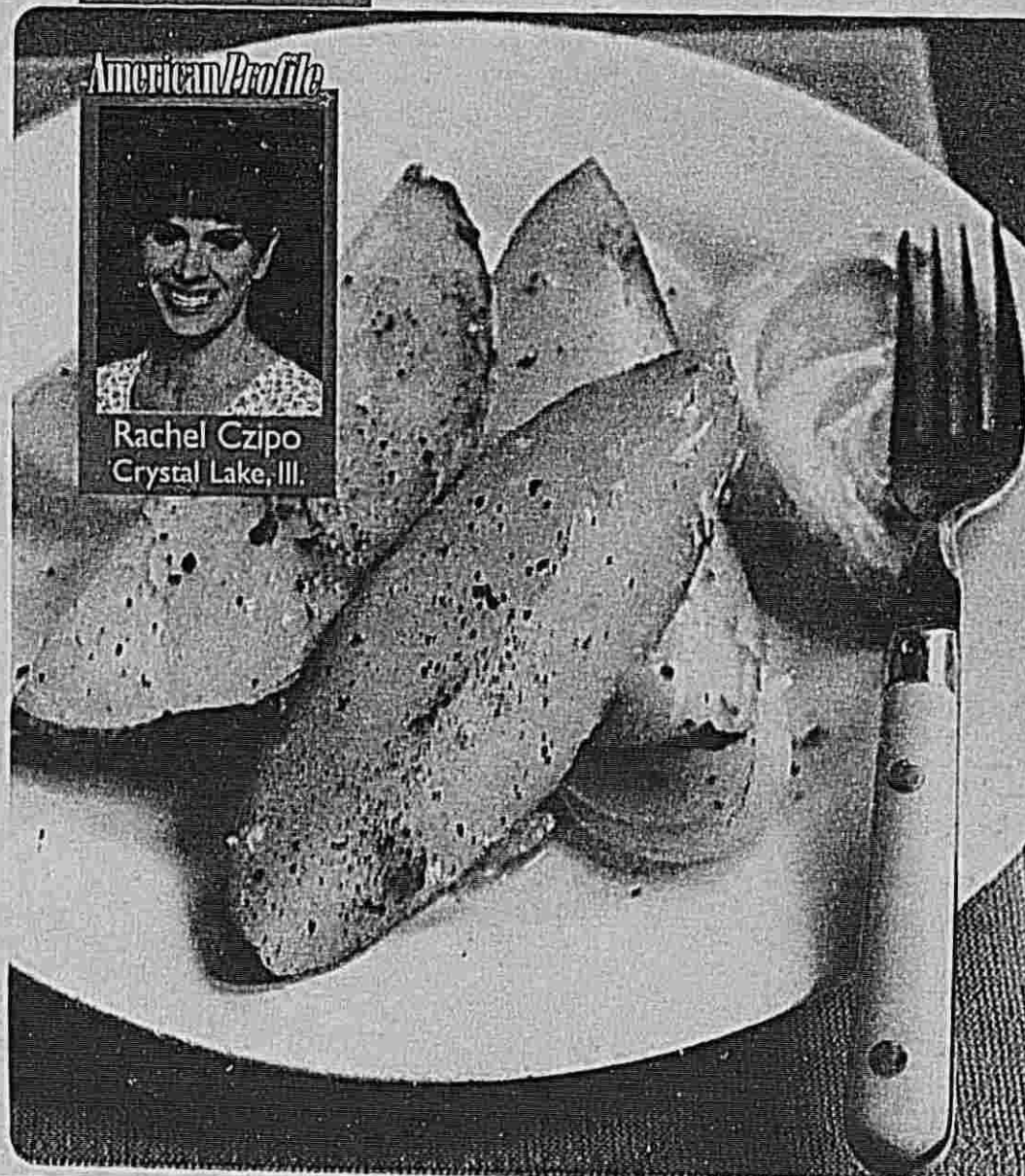
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#### RECIPE:

#### Devil's Lake Potatoes



AmericanProfile



Rachel Czipo  
Crystal Lake, Ill.



#### Devil's Lake Potatoes

- 4 baking potatoes, quartered
- 4 tablespoons butter
- 1 large onion, quartered
- 1 garlic clove, minced
- Seasoned salt, to taste

Divide potato quarters, butter, onion and garlic equally and place in the center of four pieces of heavy-duty aluminum foil. Wrap tightly and grill for about 1 hour or until potatoes are soft. These potatoes also can be roasted in a 425F oven for about 1 hour. Serves 4.

#### Tips From Our Test Kitchen:

Add red or green bell pepper slices to the vegetable mix prior to grilling. Sprinkle a little Parmesan cheese on top at serving time.

Photo: High Cotton Food  
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## Cover Story

by STEVE  
STUEBNER

Photo: Brian Ernst

"It's a great way to  
see America and learn  
about America."

—Richard Larson

# TREKKING THE TRIPLE CROWN

Richard Larson thought he'd seen nearly all the obstacles possible when he hiked the 2,175-mile Appalachian Trail in 2004 and the 2,650-mile Pacific Crest Trail in 2005. He'd fought off mosquitoes and black flies, endured raw, blistered feet, and coped with driving spring rainstorms and sweltering summer heat.

Then in June, during the first few days of his 3,100-mile trek along the Continental Divide Trail, Larson had to cross a precarious snow bridge over a turbulent stream in Glacier National Park in Montana, encountered 50-mph winds that shredded a friend's rain poncho, and stumbled within 10 feet of a black bear and her cubs.

Richard Larson pauses along the Continental Divide Trail.



Photo: Kurt Wilson

"That was kind of spooky, but fortunately, the momma bear and cubs ran away," says Larson, 33, of Fairbanks, Alaska.

Larson, a former copy editor and sports writer for the *Fairbanks Daily News-Miner*, truly enjoys the life of a long-distance hiker. He got so much satisfaction from his first two long-distance hikes that he decided to attempt the longer and more difficult Continental Divide Trail, which follows the rugged Rocky Mountain chain from Montana to New Mexico.

If he completes the five-month trek to the Mexican border, Larson will join an elite group of fewer than 50 people who have achieved the "Triple Crown" of American long-distance hiking.

But the final leg—a grueling journey through the most mountainous terrain in the lower 48 states—won't be a walk in the park. The route is not nearly as well-maintained or marked as the other two long-distance trails, there's a greater risk of running into grizzly bears and other wild animals, and he needs to get past Colorado's 14,000-foot peaks before winter snows pile up, closing mountain passes.

(Continued on page 9)



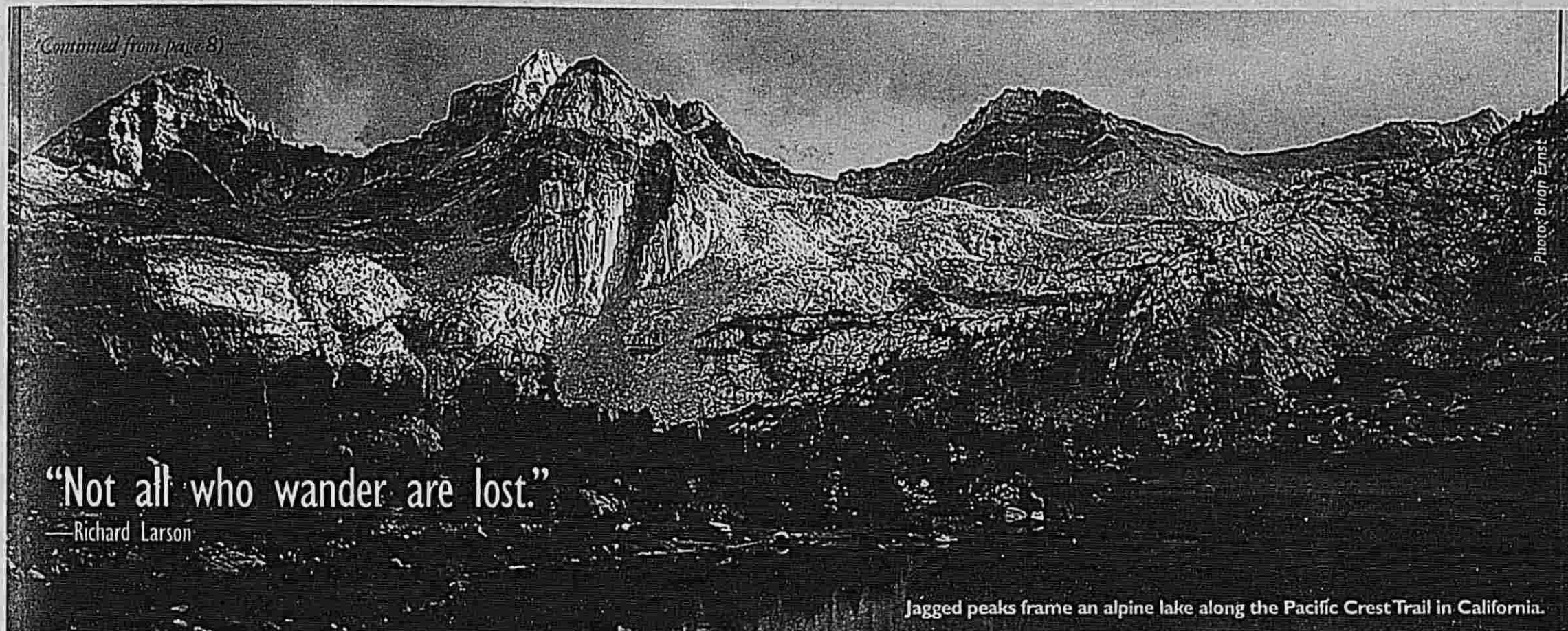
"I love seeing  
something new  
every day."

Photo: Kurt Wilson

Larson hikes about 20 miles each day.



(Continued from page 8)



**"Not all who wander are lost."**

—Richard Larson

Jagged peaks frame an alpine lake along the Pacific Crest Trail in California.

Still, Larson is determined to complete the journey by hiking about 20 miles a day at a pace of about 2.5 to 3 mph, meaning he typically hikes 9 to 10 hours each day. Along the route, he's likely to encounter adverse weather, snow and rockslides, pesky bugs and poisonous snakes. Still, Larson sees an upside to toting a 45-pound backpack through some of the nation's most magnificent terrain.

"It's a great way to see America and learn about America," he says. "I love seeing something new every day."

## Natural splendor

During his hikes, Larson has seen the natural splendor of the nation. He's wandered the rolling woodlands of Shenandoah National Park in northern Virginia, traipsed through wildflower-covered meadows in Yellowstone National Park in western Wyoming and scaled the heights of California's 14,494-foot Mount Whitney, the tallest peak in the continental United States.

Along the Idaho-Montana border, Larson stood astride the Great Divide, where the waters on the eastern slope flow toward the Gulf of Mexico and those on the western slope flow to the Pacific Ocean. At night, he slept under the stars, and on crisp, clear mornings, he had the thrill of seemingly standing atop the world and seeing 100 miles in every direction.

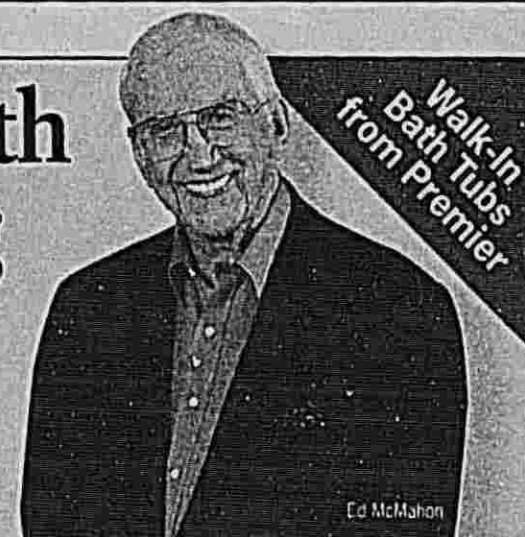


Larson enjoys sharing those moments with other long-distance hikers, such as Matti Urlass, 29, a civil engineer from Bonn, Germany, and Seth Schumacher, 17, of Livingston, Mont., who just graduated from high school. The three hikers met on the Internet, convened along the U.S.-Canada border in June, and shared food, hiking gear and companionship as they traversed the nation's backbone.

"I love the culture of long-distance hikers," Larson says. "You get to see the generosity of the human spirit that you don't necessarily see in the real world."

(Continued on page 10)

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(Continued from page 9)

About 30 people attempt to hike the Continental Divide Trail each year, compared with 3,000 who pursue the Appalachian Trail and 300 who try the Pacific Crest Trail.

While long-distance hikers come from many walks of life, they share common characteristics. They are goal-oriented people who are highly motivated to complete a grueling journey. They may or may not be in particularly good physical shape or have trained a great deal beforehand. Surprisingly, advance training may not make that much difference, says Mike Dawson, of



A snack inspired Larson's nickname.

Vashon, Wash., trail operations director for the Pacific Crest Trail Alliance.

"There have been plenty of people who have started thru-hikes with no special type of training, and they've been quite successful. And there have been others who did have tons of training and were not successful," Dawson says. "The people who have been successful have the ability to get up day after day, and hike all day, knowing they've got months to go, and then get up the next day, and do it again."



Larson and his hiking companions cross a mountain meadow along the Idaho-Montana border.

## Hike, eat, sleep

A quintessential example of a devoted hiker is "Flyin'" Brian Robinson, 45, of Mountain View, Calif., who in 2001 became the first person to complete all three legs of the Triple Crown—a total of 7,371 miles—in a calendar year.

Last year, British hiker Matt Hazley, 26, bested Robinson's achievement by completing the Triple Crown of hiking in 240 days, the fastest time ever recorded. He averaged 40 miles a day, and didn't run down the trail. Too dangerous, he thought. He got started each day at 6 or 7 a.m., hiked for 14 hours, ate dinner and went to bed.

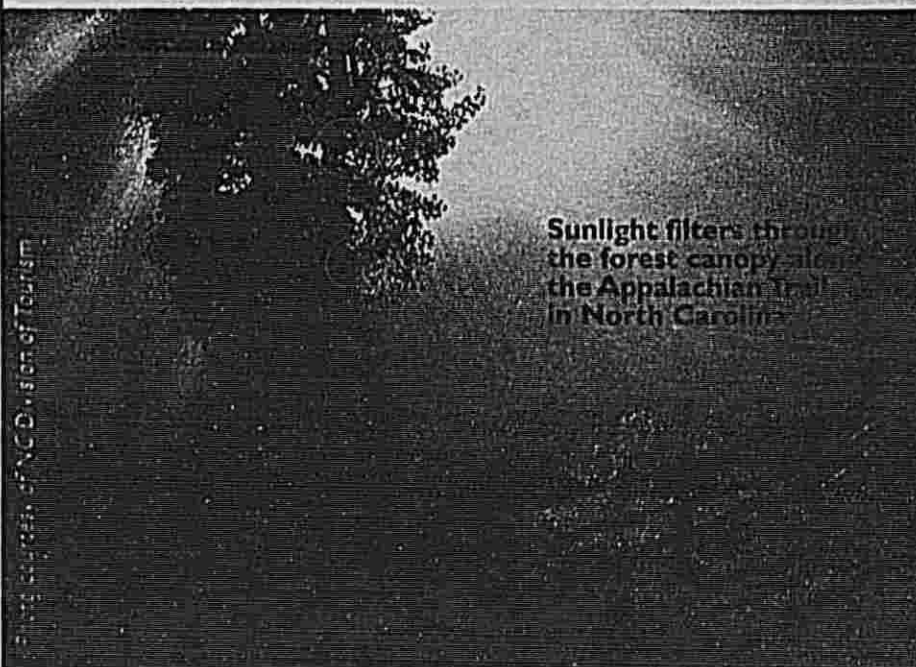
"It's only tough if you let it get tough," Hazley says. "As long as you stay focused, no matter how tough it gets, you'll reach your goal."

To complete a long-distance hike requires a lot of planning. Larson saved about \$4,000 for the Continental Divide trek, budgeting a little more than \$1 per mile. He arranged mail and food drops at businesses and post offices in Mack's Inn, Idaho; South Pass, Wyo.; Twin Lakes, Colo.; and Abiquiu and Pie Town, N.M. His sister, Dawn, in Hinckley, Minn., works as his support crew, mailing critical items—such as new hiking shoes—along the way.

He ordered guidebooks and maps for each section of the trail last winter and studied them in great detail. Once he completes a section of the trail, he tosses the old maps and field guides and receives new ones at his next mail drop. He carries a global-positioning system device to help him stay on the path. He packs lightweight food such as Ramen noodles, Lipton soups, tortilla wraps, Carnation instant breakfast drinks, Power bars, crackers and cheese, and his favorite snack, Skittles,



Brian Robinson hails his Triple Crown feat.

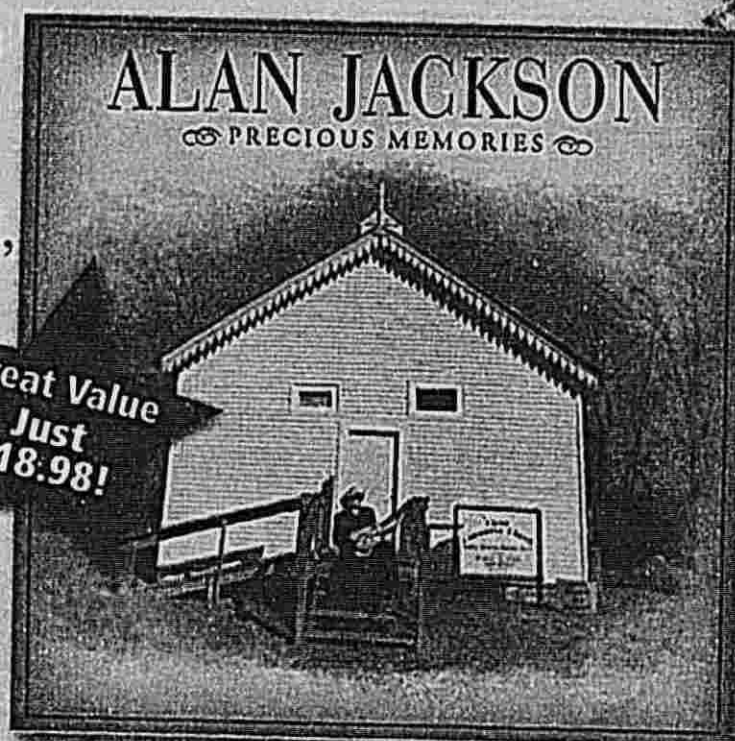


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9. What A Friend We Have In Jesus
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which became his trail name. He also takes Flintstone vitamins.

To finish the Continental Divide Trail by early November, Larson plans to hike at his own pace, and if he gets separated from his friends for a while, he won't fret. He'll catch up. "Hike your own hike" is the mantra of long-distance hikers and it works.

## Weight loss program

One of the best things that Larson likes about long-distance hiking is losing weight. He's not that athletic of a guy, he says, and during the off-season tends to put on pounds. He lost 79 pounds on his Appalachian Trail (AT) hike and 62 pounds on the Pacific Crest Trail (PCT).

"I started the AT at 293 pounds and finished it at 214," he says in his trip journal. "I started the PCT at 260 and finished it at 198. I've been running and swimming over the winter in Fairbanks to try to keep my weight down during my six-month hiatus from hiking."

When Larson strode into Colorado in late August, he was cruising on the

trail. Most of the excess weight was gone, and he was doing what he loved to do most—hiking along with his newfound friends and enjoying life in, perhaps, its simplest form.

Finishing the Triple Crown will be most satisfying, Larson says, because of the hardships and uncertainties along the trail. But the rewards are big. Around every corner is an inspiring vista or spectacular mountain scenery, forever etched into Larson's memory.

For some hikers, the trail is a journey of personal discovery; for others it's just plain fun.

"Not all who wander are lost," Larson says. ☆

*Steve Stuebner is a freelance writer based in Boise, Idaho.*

Visit [www.trailjournals.com/skittles/](http://www.trailjournals.com/skittles/) for more information on Richard Larson's trek.

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## Tidbits

## Did You Know...

**ILLINOIS**—The World Shooting and Recreational Complex opened to the public in September in Sparta (pop. 4,486). With more than 1,500 acres, including 250 acres of water, the complex offers 100 trap fields, two sporting clay courses, skeet stations, a cowboy action shooting corral and a 3-D archery range.

**INDIANA**—After a 20-minute struggle, Glen Duesing of Dyer (pop. 13,895) landed the state-record brown trout—29.3 pounds—in April on Lake Michigan near Whiting (pop. 5,137).

**IOWA**—From antique outboard motors to exhibits on ice harvesting and the pearl-button industry, the River History Museum in Lansing (pop. 1,012) tells the story of how the Mississippi River shaped the town.

**KANSAS**—A sweeping prairie view is the star attraction at the Cimarron National Grassland, which sprawls over 108,000 acres near Elkhart (pop. 2,233) and includes part of the Santa Fe Trail. This is the state's largest expanse of public land.

**MICHIGAN**—The state is blessed with an abundance of cold-water trout streams and designates its finest



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**MINNESOTA**—A water tower in Pequot Lakes (pop. 947) is painted like a giant bobber. Sounds fishy, but locals claim the bobber belonged to that giant lumberjack Paul Bunyan who reeled a 40-foot walleye from the lake and snagged his line on the tower scaffolding.

**MISSOURI**—Natural wonders abound underground in Missouri, nicknamed the "Cave State" because of its more than 5,500 surveyed caves. One cave even carries an enticing aroma: The Caveman Bar-BQ and Steak House is located inside a cave on a bluff overlooking the Gasconade River near Richland (pop. 1,805).

**NEBRASKA**—Rowe Sanctuary in Gibbon (pop. 1,759) offers guided trips in March and April to view the world's largest gathering of sandhill cranes. More than 500,000 of the gangly birds stop to feed and rest along the Platte River on their northbound migration.

**NORTH DAKOTA**—The world's largest "all sports" store, Scheels, opened in July in Fargo

with more than four acres of retail space. When shoppers need to rest their feet, they can sit a spell while riding an indoor Ferris wheel restored from the 1950s.

**OHIO**—Blue blazes are painted on tree trunks, rocks and other natural signposts to guide hikers along the Buckeye Trail, which forms a 1,435-mile loop around the state. Volunteers maintain the 2-inch-by-6-inch blazes on the trail, which began in the 1950s.

**SOUTH DAKOTA**—Built in 1949 across the Cheyenne River near Hot Springs (pop. 4,129), the Angostura Dam created a fishermen's paradise with 5,000 acres of water teeming with walleye, crappie, and smallmouth and largemouth bass.

**WISCONSIN**—A student team from the University of Wisconsin in Madison won the 2006 National Concrete Canoe Competition in a 162-pound vessel that it designed, built and raced. Sponsored by the American Society of Civil Engineers, the competition challenges students to use physics and math principles to build floatable concrete canoes. ☆

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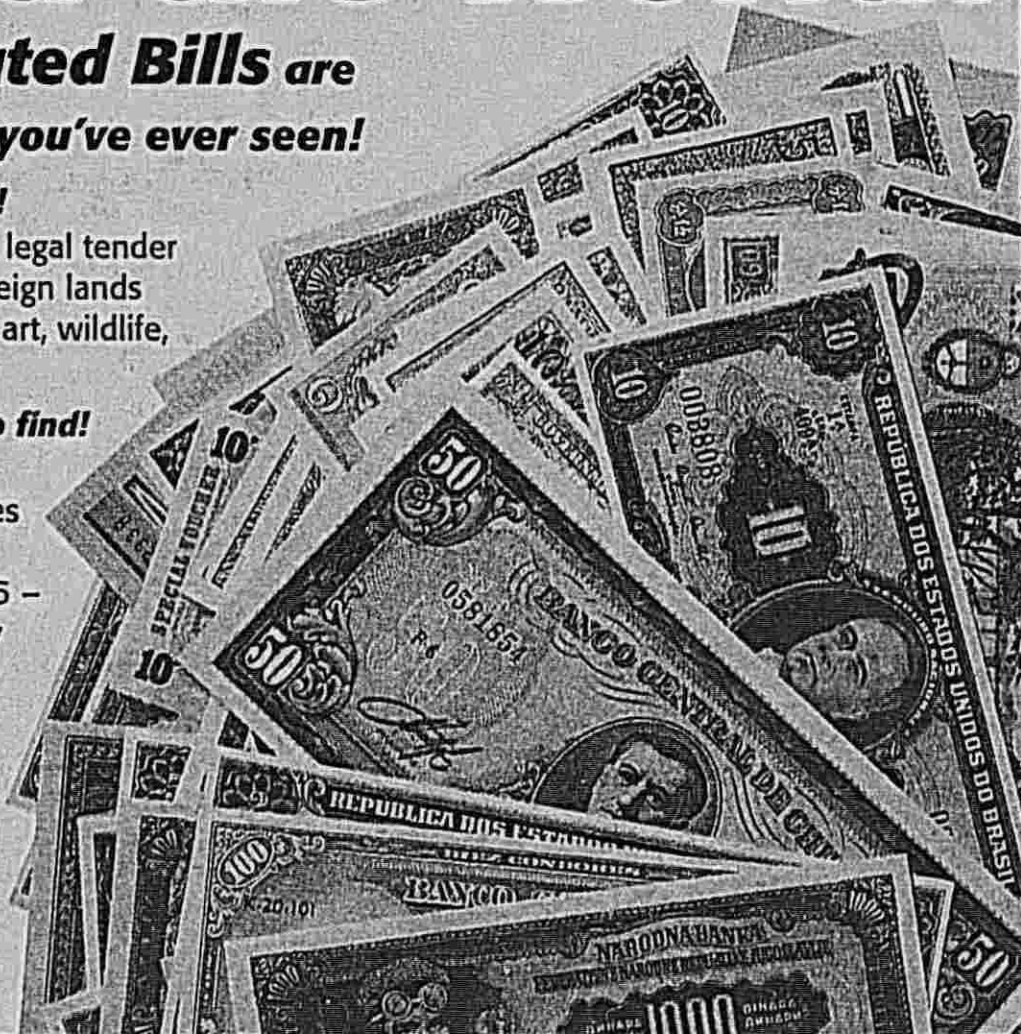
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by MARTI ATTOUN *Contributing Editor*

Working at his kitchen table bathed in natural light, Tony Smith of Holland, Mich. (pop. 35,048), skillfully carves a piece of basswood the size of his thumb into a lure so beautiful—and valuable—that it will never be used to hook a fish, only a collector.

"I like creating something that will outlive me," says Smith, 60, about the lures and spearfishing decoys that he has handcrafted for 33 years.



**Whittling a lure into shape**

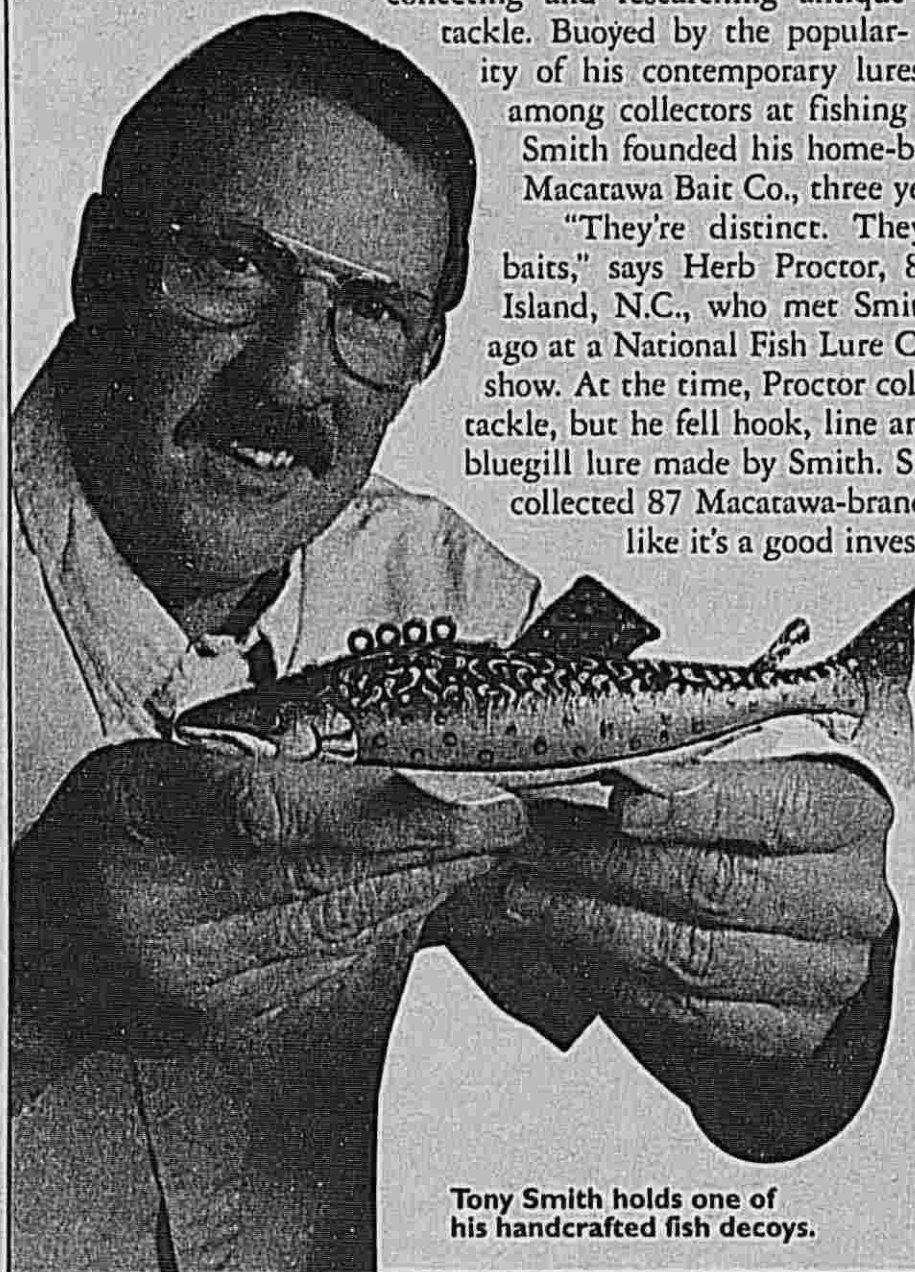
Smith's realistic lures resemble a good day's catch in miniature.

Each masterpiece he creates, from the 2-inch trout lures to the foot-long frog decoys—used for spearing fish through a hole in a frozen lake—features glass eyes, handmade copper or brass parts, and sometimes hardware salvaged from antique tackle. The jointed wiggly-legged frog has 30 parts.

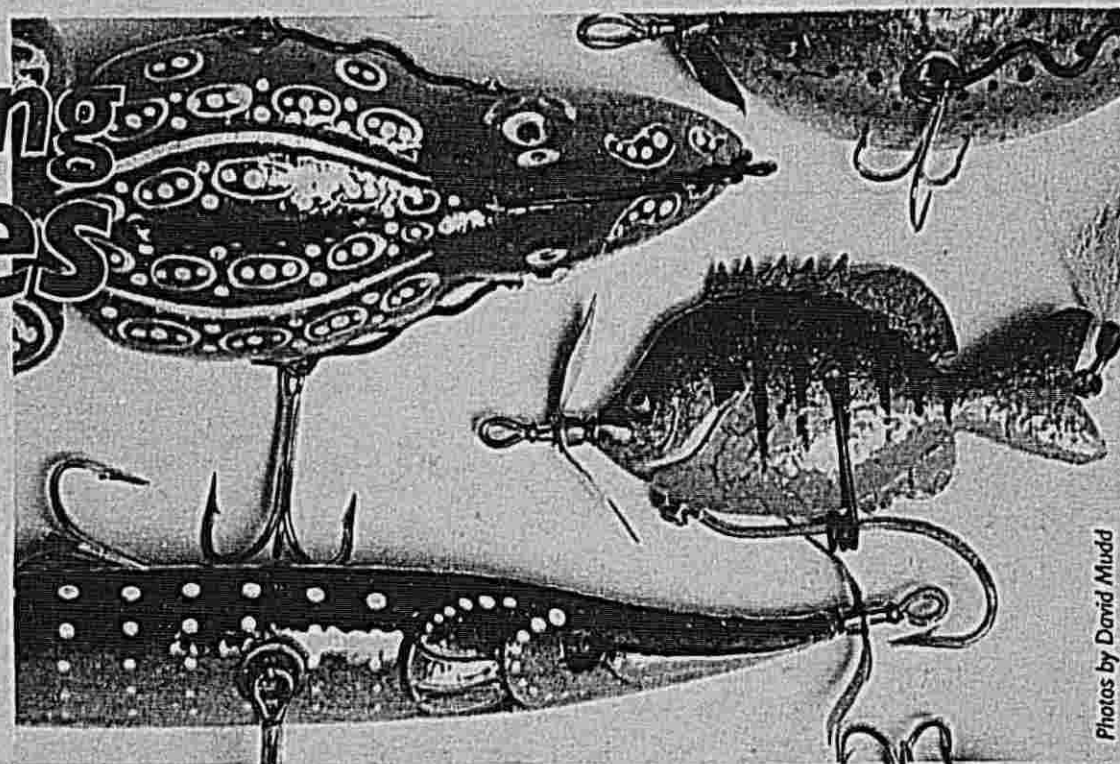
Smith, a retired engineer, began carving lures and decoys in 1973 as a hobby that combined his love of fishing with collecting and researching antique tackle. Buoyed by the popularity of his contemporary lures

among collectors at fishing tackle shows, Smith founded his home-based business, Macatawa Bait Co., three years later.

"They're distinct. They're beautiful baits," says Herb Proctor, 80, of Topsail Island, N.C., who met Smith eight years ago at a National Fish Lure Collectors Club show. At the time, Proctor collected antique tackle, but he fell hook, line and sinker for a bluegill lure made by Smith. Since then, he's collected 87 Macatawa-brand baits. "I feel like it's a good investment."



**Tony Smith holds one of his handcrafted fish decoys.**



Photos by David Mudd

Prices range from \$85 to \$200, depending on the size and amount of work invested in each lure. Smith devotes up to six hours carving and painting a 6-inch lure, while creating a 20-inch decoy may take several days.

Along with fish lures and decoys, Smith carves replicas of trophy-size catches based on photographs and measurements supplied by the angler. In June, he completed a reproduction of a 35-pound, 55-inch-long tiger muskellunge for a fisherman who paid \$700 for the wooden keepsake.

Each year, Smith makes about 70 of what he calls the "world's most expensive lures": exquisite wooden beetles, crawfish, grasshoppers, perch, pumpkinseed, catfish, turtles and whimsical species, such as patriotic red, white and blue frogs and fish. He sells and swaps them, along with rare antique lures from his collection of 2,000, at shows across the nation. Sometimes he buys back his own early creations, when he can afford

them, for their sentimental value.

"I bought a frog back and had to pay three times as much" as I sold it for, Smith says.

When he's not carving lures, Smith's favorite pastime is fishing. Once or twice a week, he and his buddies fish for walleye, salmon and sheepshead from a pier on Lake Michigan, a few miles from his home.

And what does the artistic lure maker pack along for bait?

"Worms," Smith says. "I mainly use live bait." ★

Visit [www.macatawabait.com](http://www.macatawabait.com) or call (616) 886-0326 to learn more.



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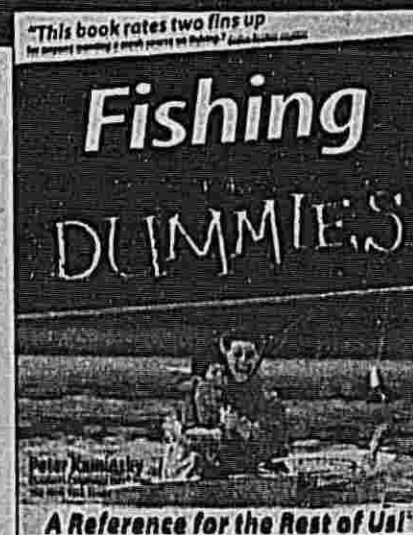
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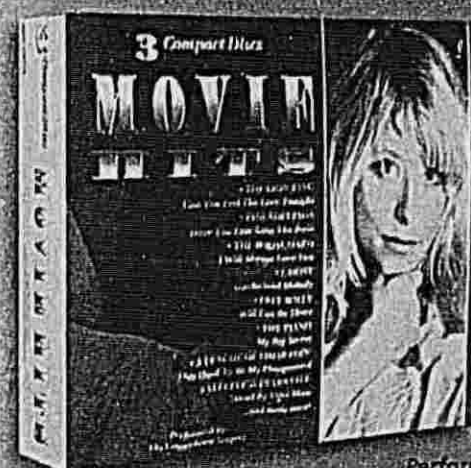
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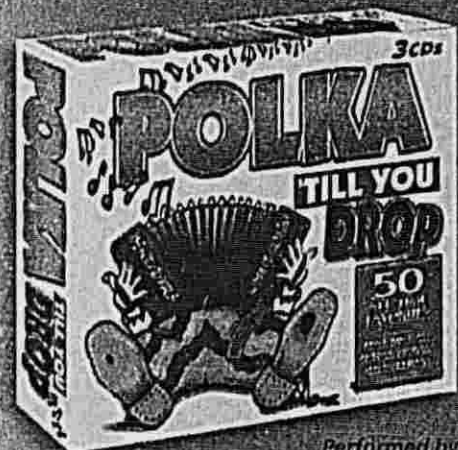
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